

T2 - NZ RG-4-0 D Join - 3-2 – Pro

Key Points:

Attack with the middle drive and one D join the attack. The D must quickly transition from offense to defense. A good idea is to give a time limit (i.e. 8") to the 3-2 attack so the players pursue the rebound.

Description:

1. Players are lined up on both sides in the neutral zone.
2. F1-F2 regroup with D1-D2 in the neutral zone.
3. Attack 4-0 with D1 joining the middle drive rush from the centre lane and D2 supporting at the point.
4. Pass to D1 who shoots.
5. F3 is in the corner with a new puck and wheels around the net.
6. F1-F2-F3 attack 3-2 vs. D1-D2.
7. D1 must quickly transition to playing defense.
8. Play out the 3-2 after the first rebound.
9. Hustle out on the whistle.
10. Repeat with the next 5 man unit.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20151030091226919>

https://youtu.be/GjHHiT_APL8

