

## DT100 - Defend-Attack with Regroups - U18 F

### Key Points:

Attacking team regroup with the new supporting players on the coaches whistle.

Supporting point men stay at the point and only get the puck for one second before passing or shooting. they defend the breakout. Coach may or may not whistle.

*This is a great progression from the original transition game in the last posting.*

### Description:

1. 1 offense attack vs 2 on defense.
2. Attackers get support from teammates 2.
3. Breakout and attack 2-2 vs supporting point men.
4. If the coach blows the whistle regroup with 3 who follow the play.
- Continue with 2 new players supporting each rush.
6. #3 follow the play and supports from the blueline.
7. Try to score vs the 2 the original defense.

**Options:** The coach may blow the whistle to indicate a regroup. The offensive players pass back to the supporting players. They now line up behind the blue instead of red line. They may do a D to D or pass to the original players who should be on the wall and in the middle or maybe switching. Defenders must keep tight gaps instead of simply backing in.

*If there is a turnover the defenders attack the other way vs the new supporting players.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130226091128433>

<https://youtu.be/f1XLvdT6jqc>

