

C600 - 1 on 1 to a 3 on 2 - Major Jr

Key points:

Defense must move their feet and close the gap in the neutral zone. The forwards must attack with speed.

Description:

1. F1 skate between the dots with a puck.
2. F1 pass to D2 and mirror the puck for a return pass.
3. D2 skate hard sideway or make a tight turn and pass to F1.
4. F1 attack and try to score vs D1.
5. F2 start the same drill passing to D3.
6. D3 drive skate and pass to F2.
7. F2 attack 1-1 vs D2. - Repeat in alternate directions.

Variations:

- Add a regroup.
- Add players for situations, 2-1, 1-2, 2-2, 2-3, 3-2.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101213075703151>

<https://youtu.be/pnHudeZeCkU>

