

DT100 - Transition Game with F Backchecking - RB Pro

Key Points:

The highest attacking F backcheck and backpressure the puck thru the nzone.

Description:

DT100 Full Ice with extra players waiting along the boards in the neutral zone.

1. Start by attacking 1-1 up to a 3-2.
2. F and D give passive support above circles.
3. On breakout pass the highest F backcheck.
5. Waiting players can take away the puck if it comes above the circles.
6. Practice back pressure on even situations.

<https://youtu.be/MEaK0tEp13E>

