

T4 D400 - 2 on 2 Below the Goal Line RB Pro

Key Points:

The attackers create scoring chances with speed, deception, give and goes, crosses and picks. Defenders must talk, stay net side, sticks in lanes and one the puck.

Description:

Start from the corners, one attacker with the puck and another come towards him below the goal line. 2 defenders are in front and must cover them. Keep track of goals vs the number of attempts. Play for 5-10 seconds.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090824224306239>

<https://youtu.be/3RZXVP2i-Vc>

