

## T2 - Practicing the 1-3-1 Diamond Power Play Pro and RussianU20

### Key Points:

4 natural triangles for one timers.

Middle player give close support to the puck.

### Description:

A.

1. Practice opening the mid point by skating down with the puck and passing back.
2. Add offensive and defensive players.

B.

1. Walk through vs passive pk then active pk in controlled scrimmage.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090806144401456>

<https://youtu.be/LHDNSDOhIHw>

<https://youtu.be/Ljamlo-9peU>

