DT100 Continuos 1-1 - Jihlava U20

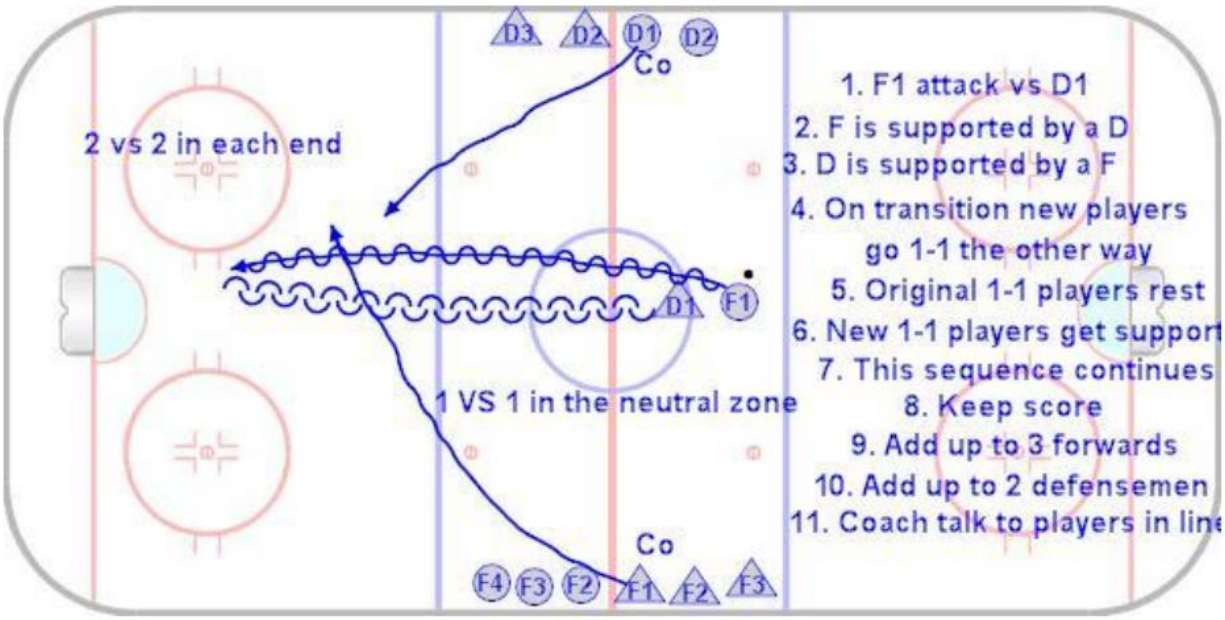
The Czech team HC Dukla U20 demonstrates this transition game.

Key Points:
Forward gets support from a defenseman and the D gets support from a forward.

Description:
1. Forwards line up in the neutral zone on one side and D on the other on their offensive side of the red line.
2. Start with a 1-1 and the supporting players join the play when the puck enters the zone and play 2-2.
3. This is a game and not a drill, so no whistles. Original players leave when the puck is carried over the blue line and there is a 1-1 the other way with the players who supported.
4. If the puck is dumped out the players stay on and regroup.
5. Situations up to a 3-2 each way can be practiced with this flow.
6. Keep Score.

This is a video that goes through how to build from a 1-1 to a 3-2 with demo's by college women and elite Pee Wee players.

http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719153344585

https://youtu.be/6dypAJTSMQg

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