

T2-C3- 5 on 2 Breakout vs a Trap x 3 - RB Pro

Key Points:

This is total hockey. The 2 players back, usually D fill 2 lanes and one F comes back to fill the other. The farthest F stretches to the far blue line and the other forward supports from the neutral zone. Constant switching of lanes and depths.

Description:

1. Start 5 vs 2.
 2. On whistle repeat 5 on 2.
 3. Again repeat 5-2 on the whistle.
 4. Attack 5 on 2 on the third rush.
 5. Repeat other way with new players.
- * Fill the low 3 lanes 2 D and 1 F.
 - * One F stretch to far blue line.
 - * One F stretch thru nzone.
 - * On attack always 4 in the scoring zone.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090730123904459>

T2-C3- 5 on 2 Breakout vs a Trap x 3 - RB Pro

<https://youtu.be/JW2uDLVPgag>

