

DT400 - Continuous Game with Back Pressure - U18 F

Key Points:

Allow the attackers to cross the blue line before leaving to back pressure.

Sequence is: Back pressure-breakout-turn back at blue line and attack-defend-rest.

Description:

1. Players line up behind the blue lines on each side.
2. Offensive 1 and 2 attack vs defenders 1 and 2.
3. Defenders 3 and 4 leave and the puck side player back pressure the puck carrier.
4. Offensive 1 and 2 must attack quickly to get a scoring chance before they are outnumbered.
5. After a goal, frozen puck or breakout pass 3 and 4 skate to the far blue line and turn to attack the original offensive 1 and 2.
6. Two players leave to support the defending team.
7. Continue this flow.

** The coach can create different situations by sending from 1 to 3 new players to follow the play into the zone and back pressure. You can also add dump ins and regroup.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111029094402757>

<https://youtu.be/mFftP2mHSmg>

