

DT100 Continuous - D Join Play - F Backcheck 1-1 to 2-2 - International

Key Points:

On transition all the players must go from offense to defense and defense to offense.

Sequence: Forwards - give passive support - attack - backcheck - defend - make breakout - rest.

Defense - give passive support - defend - join attack - forecheck-rest.

Description:

1. Blue F1 attack vs Red D1.
2. Red F1 and Blue D1 give passive support above circles. (as in a Erkka)
3. On transition, after a goal or frozen puck red D1 pass up to red F1.
4. Red F1 attack vs Blue D1.
5. Original attackers blue F1 backcheck and original defender red D1 join the attack.
6. Play 2-2 in the zone
7. Blue F3 and red D2 wait above circles to transition the other way and blue D1 join the attack while red F1 backcheck.
8. Red D2 and blue F3 support from above the circles ready to go the other way. Continue this rotation.

DT100, 1 - 1 Passive Support D Join Rush and F Backcheck-Juuso, Jursi

<https://youtu.be/R2cg-9w-Z8c>

