

C2 - 2-1 on Rush then from Cycle - SW

Key Points:

F1 must get to the puck first vs. D1. Attackers protect the puck and go to the net. Defender must stay on the defensive side and then play a 2 on 1 situation after the cycle always recognizing the most dangerous attacker.

Description:

1. Two forwards and one defender start from behind the blue line with forwards on the inside.
2. Coach shoot the puck into the corner.
3. F1 race D1 to the puck.
4. If F1 wins the battle then protect the puck and pass to F2.
5. D1 defend 2 vs. 1 until the puck is frozen or cleared.
6. If D1 wins the race then he clears the puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014041711591485>

C5 - 2-1 on Rush then from Cycle – SW

<https://youtu.be/oLUvee4FwHE>

