

C3 - 2 on 1 with 2 Backcheckers - 3-3 - Sw

Key Points:

Attack with speed and make the first play early. Back checkers and defenseman communicate and cover one player each on the rush and in the defensive zone.

Description:

1. Blue F1 and F2 attack vs. Red D1 from the corner.
2. Red F1 and F2 wait at the blue line and attack vs. Blue D1 with a new puck on the coaches whistle.
3. Red D1 join the attack and Blue F1 and F2 back check.
4. Play 3 on 3 with Red attacking and Blue defending.

*This drill could progress to a one puck transition game by having Red D1 pass to the red forwards who could give passive support from the high slot. It could continue with 2 new attackers and one defender supporting after each rush.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2021042717003893>

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<https://youtu.be/DGzLH21gb2M>

