

C3 1-1 to 2-2 - D Join F Backcheck-Pro

Key Points:

D join the attack on the whistle and attacking forwards back check. It is a fight for inside position. No penalties. Important that the forwards touch the red line so F1-D1 are close enough to join the play.

Description:

1. Blue D1 pass to Red F1 who skates to the red line and turns back attacking 1-1 vs. D1.
2. On the whistle Red D2 passes to Blue F2 at the other end of the rink.
3. Blue F2 skates to the red line and turns back attacking 1-1 vs Red D2. while Red D1 Joins Red F1 on the attack and White F1 backchecks making it a 2-2.
4. Repeat with Blue D3 passing to Red F3 at original end.

**Situations up to a 3-2 can be practiced. You need at least 8 D and 12 F to practice 3-2 with a 5-5 at each end. With larger number the lineup needs to move into the neutral zone to leave inside the blueline free.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120718110748616>

<https://youtu.be/47frTI3Rb88>

