

DT100 Continuous 2-2 With Tag-up – Pro

Key Points:

Allow the attackers to cross the red line and tag up at the blue line then follow the play so that there is a 2 on 2 attack first before it becomes a 4 on 4. I like the D on one side and F on the other to make it easier to talk with them. Leaving from each side also works.

Description:

1. Start with a 2 on 2 attack. BF1 and BF2 vs RD1 and RD2.
2. RF1 and RF2 and BD1 and BD2 support the play from the lineup - tag up at blue line and follow the play into the zone..
3. Play 4-4 in the zone.
4. On transition or after a goal or frozen puck RF1 and RF2 attack BD1 and BD2.

**This rotation can be done from 1-1 to 3-2. Dump ins and regroupings can be added*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120722101726758>

<https://youtu.be/JeN-pyX-1k>

