

T2-4 - 5-0 - BO 3v2 Attack - Erkka

Here is a drill taken from Erkka's transition booklet which we ran at last night's half ice practice. Our team is a USA Hockey Pee Wee B level team (U12's).

T Taylor

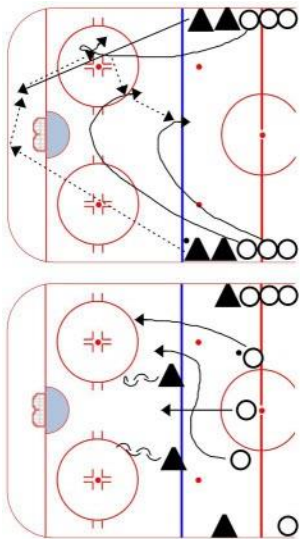
Description:

1. We have our team divided, half in white jerseys and half in black.
2. We have four defensemen, who wore yellow pinnies for this drill.
3. The team is divided in half and placed on the boards at the top of the blue line.
4. The D is in the front of the line and shoot the puck behind the net.
5. Two D and three F enter zone and breakout as one team.
6. The three F regroup in the neutral zone and attack 3v2

Rules we used:

1. All players must touch the puck on the breakout
2. All F must pass within 3 seconds (or shoot after all have touched the puck)
3. If goalie traps the puck, breakout 5v0 again.
4. If score within 60 seconds coach throws in another puck.

C3 Breakout Regroup Attack 3-2 - RB Pro



https://youtu.be/gJe0h7wU_RY