

C2 - Low 3-2 to 5-5 Rush and Backcheck – Pro

Key Points:

Good way to practice low zone coverage, D joining the play and F's coming back into the zone. A good habit is to turn up ice and find your check when you see everyone in front of you is covered.

Description:

1. Red F1-F2-F3 attack low vs. Blue D1-D2.
2. Blue F1-F2-F3 wait with a puck at the top of the circles. Extra players along the boards.
3. Red D1-D2 are ready to defend the 3-2 attack.
4. On whistle Blue F1-F2-F3 attack R D1-D2.
5. B D1-D2 join attack and R F1-F2-F3 backcheck.
6. Play 5 on 5.

Alternative: Use one puck and defense pass to waiting forwards instead of 2 pucks and a whistle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121016102144194>

<https://youtu.be/Dr5C5oHrQ48>

