

We did this at practice yesterday and it worked really well. A benefit is that you practice the D joining the rush, the F backchecking and you play a 5-5 at each end but only need 8 F and 8 D. My assistant coach Sean Kibyuk ran this. I will get a video next time.

DT100 Continuous 2 on 2 D - Join Attack F Backcheck – U18 F

Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles and one forward backcheck. Play tight gaps and attackers create 2 on 1's on the rush. Play 5-5 at each end.

Description:

1. Forwards line up on one side and defense on the other.
2. Start with a 2 on 2 attack Blue F1 and F2 vs Red D1 and D2.
3. When the puck enters the zone defensive Red F1 and F2 support Red D1 and D2 and Blue D1 and D2 support Blue F1 and F2.
4. On transition Red D1 join new attack and Blue F1 backcheck
5. If the puck is dumped out with no possession the offensive team regroup and attack again.
6. Red F1-F2-D1 now go 3 on 3 in the other direction vs. Blue D1-D2-F1.
7. Blue F2 - F3 support Blue D1-D2-F1 and Red D3 and D4 support attacking Red F1-F2-D1.
8. This rotation continues with a 5-5 in each zone.

*Various numerical situations can be practiced with this flow. A 1-1 becomes a 3-3 at each end, a 2-1 becomes a 4-4.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121026092747403>

<https://youtu.be/qoWY2hG54vM>

