

C1-C600 1-1 - Slovakia U20

Key Points:

Make crisp passes and then skate and give a target. Hard fakes and try to beat the D. D always play the attack from the defensive side and get a close gap as soon as possible. D tie up the F stick after the shot and F follow the shot for a rebound. Always finish drills with the D tying up the stick after the shot and then pass a loose puck to the line up or a coach. The forward always go for a rebound.

Description:

1. RF1 and BF1 pass to the opposite colour D1's.
2. RD1 and FD1 pass back to the opposite colour F1 and mirror their skating across.
3. RF1 and BF1 pass to the opposite colour F2 who return the pass.
4. RF1 attack vs. BD1 and BF1 attack vs. RD1.
5. Both forward and defense play the rebound. If the D get it they should pass to the last forward lined up at the blue line to finish the play.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121204150703301>

https://youtu.be/SJ_m8N511Fk

