

C3 Horseshoe 2-1 x 2 – Pro

Key Points:

Make good passes. Give a target and play with quick feet. Defense create a good gap as early as possible and forwards attack with speed. 2-1 Attack Rule: One high-one low-one fast-one slow.

Description:

1. D in diagonal corners and F diagonal blue lines. F1 and F2 skate across toward D1. The drill happens at each end.
2. D1 pass to F1 who one touches to D1.
3. D1 pass to D2 in line who returns the puck.
4. D1 pass to either F1 or F2
5. D1 skate across to defend vs. F1 and F2 who left from the other end.
6. F1-F2 attack 2-1 vs. D1 from the other end.
7. The drill goes at the same time from each end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121231223140367>

<https://youtu.be/ZdqYM1flaeg>

