

DT100 - 2 on 2 Backchecking Game - Nzone Regroup - U18 F

Key Points:

Supporting players play like wingers at the top of the circles. Give targets, face the puck and make all plays while skating. Create a 2-1 vs. the widest defender.

Description:

1. R1-R2 attack vs. B1-B2.
2. B3-B4 support at the top of the circles.
3. Goal, frozen puck or transition B1- or B2 pas to either B3 or B4.
4. B3 and B4 skate over the red line and then regroup with either B1 or B2.
5. B1-B2 hinge and pass to B3 or B4.
6. R3-R4 attack vs R1-R2.
7. Continue this flow with R3 and R4 supporting at the top of the circles.

<https://youtu.be/dpHj31sRUx0>

