

## DT100 - 1-1 - 2-2 - 3-3 with Turn-back - U18 F

### Key Points:

Attack with speed and create a gap by turning back and then up. Defenders must mirror the attackers to maintain a tight gap. Only use the 1-1 to teach the technique and the flow and then move to larger numbers to achieve a good work/rest ratio. 1-1 could be done on both sides and ten full ice for a 2-2 and up.

### Description:

1. R1-R2 attack vs. B1-B2.
2. R3-R4 support when the puck crosses the red line.
3. R1-R2 cut back before crossing the blue line and B1-B2 keep a tight gap.
4. R3-R4 can shoot or pass within 1" but not go in deep. R1-R2 play low 2-2.
5. On transition B1-B2 attack R3-R4 and repeat sequence.
6. B3-B4 support from the line-up.

### Alternatives:

- A. R1-R2 regroup with R3-R4.
- B. Vary the situations with between 1 and 3 players supporting from the line-up.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130213165526595>

<https://youtu.be/8sCtqQE2ORM>

