

T2 – D400 – Diamond 1-3-1 Power Play - Pro

Key Points:

Players on the sides be on their off wings for one timer shots. Rotate positions and create constant movement. One timer shots are most effective from the dot and lower.

Description:

1. Outwork the defenders with one extra attacker battling for loose pucks.
2. When the puck is at the half-boards the player in front should support from the goal line.
3. When the puck is at the mid-point move into a 1-3-1.
4. The player in the middle give close support to the players at on each side and the mid-point.
5. Move the puck quickly with one touch passes that beat one defender unless a seam opens for a cross-ice pass that beats two defenders.
6. Either the player or the puck moves at all times.
7. Mid-point player always look to shoot first and miss the shot blocker. Pass when there is no shot.
8. Create rebounds and then outnumber the defenders in the slot.
9. Attack in waves with constant rotation, quick passes and shots to continually create open passing and shooting lanes.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130315091545906>

T2-4 - D400 PP and PK 5-4 – Pro

<https://youtu.be/3GX5ewD7u90>

T2-4 D400 PK and PP Rotation Detroit – Pro

<https://youtu.be/C7uJNHDJpNM>

T2-4 D400 Specialty Team Situations – Pro

<https://youtu.be/pBr5QkfUQoU>

T2 4 D400 BO 5 4 PP PK Czech U20

https://youtu.be/oEhu_kAqvCY

T2-4 - D400 - 5-4 - Russian U20

<https://youtu.be/WASWO1FYlgw>

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