

C600 - 2 on 1 x 2 – No Whistles - Pro

Key Points:

One high one low, one fast one slow on the attack. D identify the most dangerous attacker and shots from the middle. No whistles so players have to watch and start toward the open end of the ice.

Description:

1. F's line up at diagonal blue lines and D's at opposite diagonal blue lines.
2. D1 pass up the boards to F1.
3. F1 skate to the middle and pass to F2 who crosses behind as D1 closes the gap.
4. F1-F2 attack 2-1 vs. D1.
5. Coach mirror the play from the high slot. (A player could also do this)
6. D2 pass to F3 and F4 skate back and cross to attack D2 the other way.
7. Finish the attack with a goal, frozen puck or D pass to the coach.
8. Players watch to see which attack is finished and start the 2-1 in that direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130717135909954>

https://youtu.be/UTa1bQmU_ZM

