

T4 D400 - PK 3-5 vs a Spread PP - Pro

Key Points:

The key is to eliminate one timer shots from the point, from the player in the middle and the back door play.

Description:

1. When the puck is passed down the D in front moves to that side.
2. Weak side high player drop low to take away back door one timer.
3. Strong side high player drop down and front the middle attacker.
4. Strong side high player get in shooting lane when puck is at the point.
5. Weak side high player cover middle and take away cross ice pass with stick.
6. Low player eliminate tip ins in front but don't get tied up.
7. D to D pass everyone shift.

(Right low player in last minute doesn't move out and back and many openings are created. Important to skate in straight lines from the net out to low, middle, high spots)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130919153350791>

<https://youtu.be/RF1IYZF7SnE>

