

T2-4 Low 3-2 Pro W

Key Points:

D must decide whether to pressure or contain, always from the defensive side. Forwards create space and time by skating and passing quickly while using give and goes and changing the point of attack in a triangle. D continually read where the most dangerous play is and have sticks on the puck and in the passing lanes.

Description:

1. This can be done at either one or both ends.
2. Start with the 3 F's passing the puck around the top of the circles and the 2 D in front of them.
3. A forward shoots and the 3 on 2 starts.
4. Give the attackers a time limit to score in order to create urgency.
5. Next line of forwards get in position for a breakout pass from the D.
6. A goal, time running out or a breakout ends the drill.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131011145119511>

<https://youtu.be/l3zHd8LQHBg>

