

DT100 - 1-2, 2-3, Add Regroup - Juuso, Yursi - IIHF Symposium

Key Points:

Defenders must communicate and one play a 1-1 vs. the puck carrier. Create a defensive 2-1 vs. the puck carrier in each situation.

Description:

1. R1 attack 1 on 2 vs. B2-3.
2. R2-3 follow the play and wait in the nzone.
3. On a turn-over either B2 or B3 attack vs. R2 and R3
4. B3 and B4 follow and wait in the nzone to defend vs. either R2 or R3.
5. Continue this flow.
6. Add one attacker and one defender for a 2 on 3 situation.
7. Add a neutral zone regroup on the coaches whistle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131201174929789>

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<https://youtu.be/P4lqEmO2mps>

