

T2-4 D400 Battling 1-1, 2-1, 2-2, 3-2, 3-5 – Pro

Key Points:

This is a pro drill that works on the low attack and defenders coming into the zone and identifying coverage.

Description:

1. It starts 1-1.
2. Another attacker joins making it 2-1.
3. A defenseman joins making it 2-2.
4. Another attacker join for a 3-2.
5. Three defending forwards come in and make it 3 on 5 and defend with 'one on and box behind'.
6. F1 plays the low 3-3, F2 mid slot, F3 puck side point until the play ends.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140108160938392>

<https://youtu.be/aTyLROgbRzw>

