

C3 - 2-1 Flow – Prospects

Key Points:

Defense play a tight gap and delay the play. Slide to the outside of the near post when the play gets deep. Attack with speed and make the first pass early then read the D.

Description:

Defense make a breakout pass and follow the 2 on 1 ready to defend the next 2-1 in the other direction.

1. D1 pass to either F1 or F2.
2. F1-F2 attack vs. D2 and D1 follow.
3. On whistle D3 pass to either F3 or F4.
4. F3-F4 attack 2-1 vs. D1.

**Continue this flow.*

**Game situations up to a 3-2 can be practiced with this drill.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014070617135716>

<https://youtu.be/qJVya48toRM>

