

E1-D4 - One Touch 4 on 2 – U15 B

Key Points:

One touch passes only. Give a target and be ready to pass and shoot. Slide into open lanes.

Description:

1. Four attackers set up in a box vs. two defenders.
2. Only one touch passes and one touch shots are allowed.
3. Move into open lanes for a pass.
4. Defenders keep sticks in the passing lanes and block shots.
5. Have a contest and keep score.

**Progression is to start with two touch and progress to one touch passes.*

**Practice 4-0, 4-1 then 4-2.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141223112820665>

https://youtu.be/e_VIPLPjKGA

