

DT100 Continuous 3-2 to 5-5 - Pro W

Key Points:

Attack with speed. New point players support the attack and new forwards support the defenders. Practice offensive and defensive team play concepts.

Description:

1. Start with a 3 on 2 attack.
2. When the puck crosses the blue line two new players join the attack supporting from the point.
3. Three forwards support the defense, the first play the low 3-3, second cover mid-point, third strong side point to create 'one on and a box behind.'
4. Attack with a middle drive and cycling until the whistle.
5. On the whistle the three new forwards who supported the defense attack 3 on 2 vs. the two players on the point.

** Regroups and dump-ins can be added to this drill.*

** Next progression is eliminate the whistles and allow the natural game flow but allow free breakouts on goals or frozen pucks. Regroup on dump outs.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150103083900245>

<https://youtu.be/ocvWDLZwnyQ>

