

T2 - NZ RG-4-0 D Join-3-2 – Pro

Key Points:

Middle D join the rush. Attack with speed and crash the net for rebounds.

Description:

1. Start with F1-F2 on the wings, F3 wait behind the net, D1-D2 at the far blue line.
2. F1 regroup with D1.
3. D1 hinge with D2.
4. D2 pass up to F1 or F2.
5. D1 join the 3-0 rush with F1-F2 and D2 support at the point and D1 shoot.
6. F3 wheel around the net with a new puck.
7. F1-F2-F3 attack 3-2 vs. D1-D2.
8. Play out the 3-2 until the whistle then hustle out of the zone.
9. F4-F5-F6-D3-D4 repeat.

* Option: Alternate ends each rep.

* Option 2: Give a time i.e. 8" to score on the 3-2.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=11&s=20151007094554155>

<https://youtu.be/kAHX8W2jZg0>

