

T2 - B4 - 4-0 BO - D Middle Drive – F2 Trail - Pro

Key Points:

Players fill the three lanes on the attack. Stop at the net, hit the net and shoot right away. D2 screen and everyone be ready for a rebound.

Description:

1. Leave from the middle circle toward both ends .
2. D1-D2-F1-F2 BO when the coach dumps the puck in.
3. D1 pass to F1 on the boards, F1 pass back to D2, D2 pass to F2 stretching up the wall.
4. F2 skate wide, D2 middle drive hard to the net.
5. F1 pass to F2 trailing in the high slot and F2 shoot.
6. Coach deny a pass to the net.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20150720230736731>

<https://youtu.be/wzulzAJlacU>

