

T2-4 - D400 -Low 2-2 – 3-3 - Czech U20

Key Points:

Defenders communicate and keep their head on a swivel to always know where their man and the puck are. Play from the defensive side with the stick on the puck and body on body. The closest defender be in contact with the attacker and the second man within a stick length. On the 3-3 the third defender be halfway to the third attacker. Attackers fight to get on the offensive side and create 2-1's.

Description:

1. Players wait for their turn above the circles.
2. Start with F1 in the corner with the puck and F2 below the goal line on the far side.
3. D1 faces F1 in the corner and D2 is in front of the net.
4. Play a 2-2 below the circles for about 20".
5. Switch to 3-3 with F1 again starting in the corner, F2 in front and F3 in the high slot.
6. Defend man on man.
7. Closest defender tight on the puck carrier, second closest within a stick length and third halfway.
8. Defend from the net side, stick on the puck and body on body.
9. Box out and control the stick in front of the net.
10. Attackers create 2-1's, use give and go passes, protect the puck.
11. Pass behind the net to change the point of attack.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150819083013222>

<https://youtu.be/8RWPbERrN38>

