

T2 - Reading Middle Drive Options

We did the 3-0 Attack Options sequence and at the next practice Wally Kozak added two defensemen who varied how they defended. First the players did a rep vs. each defense and next the defenders varied whether they stood up at the blue line, challenged in the neutral zone or backed in and the players had to read the situation. We followed this with a Transition game of continuous 2-1, then 3-2 and progressed to 3-2.

1 - Defenders leave from the blue line and back up with a good gap and no stick. Read is to do Option 1.

2 - Defender stands up at the blue line with the stick upside down, so the attackers read this and do option 2 and force the D to protect the middle by skating inside the dots with the puck and forcing the defender to protect the middle then pass to the player from the middle who crosses behind to the outside.

3. Next the defenders have a stick but give up the blue line and back in. Attackers do Option 3 and the wide man with the puck skate to the middle and decide the drop to the player who takes the ice behind, shoot or pass to the player going to the net.

4. Do Option 4 when the defenders have a good gap and you want to change the point of attack.

T2 B6 3-0 Attack Options – Pro

Key Points:

Go hard to the net without the puck with the stick ready for rebounds or deflections. Stop at the net. Shoot low to the far pad to create rebounds. Attack with speed. Read whether the defense gives you the ice behind or in front of you.

Description:

1. Line up in three rows at the goal like and start with a puck from one side.
2. Pass to the middle then the far wing.

Option 1

Pass middle-wide-shoot from the wing.

Option 2

Pass middle-wide-cross inside and pass wide and enter wide then shoot from the wing.

Option 3

Read the defense has backed in. Gain the zone then cross and drop. Wide wing to the far post and middle player trail.

Option 4

Cross and drop in neutral zone and then pass to the wide wing. Middle drive and shoot.

** The next stage is to get the fourth player joining the attack.*

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<https://youtu.be/iczxajmzhNY>

