

T1-3 - D400 - Low 3-3 - Czech U20

Key Points:

Man on man defense with the closest player defend tight from the defensive side, second closes within a stick length and third closest halfway. Offensive player start with a puck on the whistle.

Description:

1. Play 3 on 3 below the top on the circles.
2. Create 2-1's on offense, use crosses and give and goes to confuse the defenders.
3. Defenders must communicate, have good sticks, switch, box out, take sticks in front.
4. Keep heads on a swivel.
5. Defend man on man.
6. Finish your check before the hash marks.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161007095029763>

<https://youtu.be/gmCverXxt08>

