

T3-4 - Johnson 1-1 to 3-3 - U18

Key Points:

Players must transition to attack and defend in each situation. Communicate on defense and support on the attack. Either pass the original puck to the coach or shoot it out of the zone to avoid injuries.

Description:

1. Three sets of offensive and defensive players spread out in the zone.
2. Coach passes to one offensive player and he attacks 1-1.
3. On whistle pass to the coach and he passes to another player to activate a 2-2.
4. Whistle and pass to the third player to activate a 3-3.

<https://youtu.be/z4O-kLqQ19s>

