

DT200 - 2-2 Backchecking Game - College F- C U18 M-F

Key Points:

Attack and defend quickly. Attackers should get a shot before the backtrackers catch them. Defenders must identify who to cover and box them out tying up their sticks so they don't score on a rebound. Attackers must crash the net for a rebound and use crosses and picks to create space if they gain the loose puck. Stress that the defenders cannot allow them to score on a second shot.

Description:

1. R1-R2 attack vs. B1-B2 while R3-R4 wait to attack from their offensive side.
2. On a goal, frozen puck or turnover pass the puck to R3-R4 who attack the Red goal.
3. B1-B2 backtrack hard and defend vs. R3-R4.
4. R3-R4 support from across the mid-line.

**Add rules like; goals must be on one touch shots or on give and goes. You can vary the numbers. It is also a great full ice game to work on quick attack and defenders denying the second shot.*

** This is also a great full ice game where you can vary the number of new supporting players from 1 to 3.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20191015142131167>

<https://youtu.be/UfZxUQxIXhk>

DT200 - 2-2 Backchecking Game - U18 M

<https://youtu.be/1q-H2am3BNA>

DT200 - 2-2 Backchecking Game - C U18 F

https://youtu.be/YWy3S7_7P7M

