

## DT100 - Continuous 1-1 - 85er's

### Key Points:

New players don't leave the line-up until the puck enters the offensive zone.

On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line.

### Description:

1. Attack 1-1 with D getting support from 1 F and F from one D.
2. Defending F1 cover the point.
3. New offensive D join and play point.
4. On transition attack 1-1 thru nzone.
5. Continue flow with new O and D support.

*-Continue the flow of 1-1 in nzone and 2-2 at each end.*

*-Dump-ins and regroupings can be added.*

*- Youth teams usually have 4 to 6 defenseman, so do this once and then add players to improve the W/R ratio. 1-1 to 2-2, 2-1 to 3-3, 3-1 to 4-4, 2-2 to 4-4, 3-2 to 5-5. Also 1-2 to 3-3 and 2-3 to 5-5. Other options are to have the D join, or F join, or both a F and D join the next rush.*

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090726085538618>

<https://youtu.be/5c0qnDpWTUM>

