

## DT100 Continuous 2 on 2 to 4 on 4 - U18 M-F

### Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles. Defenders play tight gaps and attackers create 2 on 1's on the rush.

### Description:

1. Forwards line up on one side and defense on the other.
2. Start with a 2 on 2 attack F1 and F2 vs D1 and D2.
3. When the puck enters the zone defensive F1 and F2 support D and attacking team D1 and D2 support F's.
4. Play 4 on 4 in the zone.
5. If the puck is dumped out with no possession the offensive team regroup and attack again.
6. The supporting players who joined the play now go 2 on 2 in the other direction.
7. F2 - F3 support D1 and D2 and D3 and D4 support attacking F1 and F2.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719141210845>

DT100 2-2 to 4-4 - No Positions - U18 F

[https://youtu.be/HKq0x-jl\\_Fg](https://youtu.be/HKq0x-jl_Fg)

