

T2-4 - D100 - OZ Faceoff-5-4 - U20 M

Key Points:

Full ice scrimmage starting with an offensive zone faceoff. Centre must fight thru and cover the point. Get into a 1-1-2 formation and the F follow a pass to the flanker and push the play down. Play out the situation full ice and then next group faceoff at the other end.

Description:

A - Faceoff

1. Both F fight thru to cover teh points.
2. Both D box out and take a stick.
3. D each cover one side low.
4. Two F in an I formation.

B. 1-3-1 Power Play vs 1-1-2 PK

1. Attackers set up in a 1-3-1 Power Play
2. Play full ice until the whistle.

C

3. Faceoff opposite end with blue team.

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<https://youtu.be/iVbR6ml4v7A>

