

T2-4 - 2-2 - Join 3-3 - 5-5 - U18 M

Key Points:

Work on a full ice 3-3 and a one zone 2-2 and then the 2 F and 2 D join the 3-3 rush at the other end. Play 5-5 and then sprint back to the original blue line. Coaches can focus on the offensive and defensive roles in the three situations, 2-2, 3-3, 5-5.

Description:

1. Red attack 3-3 full ice.
2. Blue attack 2-2 in zone.
3. Play 3-3 at far end.
4. Blue and Red skate to join the 3-3 rush.
5. Play 5-5
6. Sprint back to far blue line.

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<https://youtu.be/QtdOvKPfS8>

