

T2-4 - D1-D2 Race to F1-F2 - F3 Shoot - 3-2 - U18 M

Key Points:

Defenders pick up attackers going to the net for a rebound and then play a low 3-2. Contest is to get on the net side on both offense and defense and defenders tie up sticks in the slot while attackers fight to keep stick free. Attackers rotate in a triangle with two low and one mirror puck high. Drive net, pass behind the net, pass low to high. Two defenders and the goalie work together to make it 3-3 with goalie taking the walk out and shots below bottom of the circle while defenders deny back door and block one timers.

Description:

Part A

1. F3 take a shot from the high slot..
2. F1-F2 go to net for a rebound.
3. D1-D2 skate to meet F1-F2, box out and control their sticks.

Part B

4. Battle for the loose puck.
5. Attackers rotate in a triangle with 2 low and 1 mirror high.
6. Defenders deny back door and breakaway.
7. D1-D2-G play the 3-3 together.

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<https://youtu.be/gAP33beHEsU>

