

DT100 - Continuous Game of 2 on 2 With Regroup - Pro

Key Points:

Allow the attackers to cross the far blue line before leaving so that there is a 2 on 2 attack first before it becomes a 4 on 4. I like the D on one side and F on the other to make it easier to talk with them. Leaving from each side also works.

Description:

1. Start with a 2 on 2 attack. BF1 and BF2 vs RD1 and RD2.
2. RF1 and RF2 and BD1 and BD2 support the play from the lineup.
3. Play 4-4 in the zone.
4. On transition or after a goal or frozen puck RF1 and RF2 attack BD1 and BD2.

*This rotation can be done from 1-1 to 3-2. Dump ins to work on the breakout and forecheck can be added

Continue this flow. The coach doesn't always blow the whistle so the defenders must be alert.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120805092902101>

<https://youtu.be/bttUl8sHzC8>

