

C5-C6 - Continuous Low 2-1 - College – Russian W

Key Points:

Continuous 2-1 from each corner. Forwards attack twice and then go back to the lineup. Defense rotate in from the top of the circle. D deny pass across and a post to post rush.

Description:

- A. F1 give and go with F2 in corner.
- B. D1 skate down and defend the 2-1.
- C. Play until rush is over.
- D. F2 exchange puck with F3 in other corner.
- E. D2 skate down to defend the 2-1.
- F. F2-F3 attack vs. D2.
- G. Continue this flow side to side.

C6 - Continuous Low 2-1 - College W

<https://youtu.be/ub82Q2HowWw>

C1-C6 - Continuous 2-1 Russia U18 W

<https://youtu.be/7T2ZWkytwco>

