

C3 - Continuous 3-2 - Danish U20

Key Points:

Attack with one in each lane with speed. Two players go hard to the net and one trail making a triangle. Fight for rebounds. Defenders delay the play and protect the middle. One D take attacker to the net and other D play a 2-1 on the puck side.

Description:

1. F1 leave and pass to F2 who skates up the middle while F1 and F3 cross to wide lanes.
2. F1-F2-F3 attack 3-2 vs. D1-D2.
3. The next group of 5 wait in the neutral zone to repeat in the other direction.

PROGRESSIONS:

- A. After the 3-2 is practiced start the next rush with the defenders making a pass to the forwards waiting above the circles.
- B. Then progress to a Transition Game with the Red D defending vs. blue F and the D who makes the breakout pass join the rush making it a 3-3.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121214143704286>

<https://youtu.be/ITuTdS-oWms>

