

T4 – B5 - Low F Support D in Corner – Pro

Key Points:

Play a 1-1 in each corner with F using escape moves and D mirror and pin. Supporting F pick up the loose puck, skate behind net and pass to F on other side. Defender keep stick on ice and on the puck, maintain net side, pin player with free hand on hips and drive knee between the legs. Supporting forward stay out of the battle on the D side. Pick up the loose puck.

Description:

1. Start with coach passing to F1d at the hash on the wall.
2. D1 check F1 who protects the puck. F2 support D1 from behind.
3. D1 pin F1 and F2 pick up the loose puck.
4. F2 carry puck behind net and pass to F3 on the other side.
5. F3 now battles with D2 and F4 supports.

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<https://youtu.be/6rzBGtnInfU>

