

C2 Game Situations 1 on 1 to 3 on 3

Key Points:

Defense must have quick feet in to close the gap in the neutral zone.

Description;

1. Line up on one side with one team on each side of the red line and pucks in the middle.
2. Coach shoot the puck into one end.
3. Offensive players quickly get the puck and start the attack.
4. Defensive players skate back to their blueline and then up to meet the attack in the neutral zone.
5. Coach shoot the puck into opposite end and the other team attack. If you play with forwards only attacking the defensemen then always shoot the puck into the same end.

