

T4 D400, 3 on 3 Attack and Defend

Key Points;

On offense try to score using quick feet, give and goes, picks, screens, cycles. Defensively cover man to man from the net side with the sticks on the puck and in passing lanes.

Description:

1. Players wait outside the blue line. 3 offensive and 3 defensive players go into the zone and the coach passes to an attacking player or dumps the puck in. Play about 20”.
2. Defenders try to skate the puck out and attackers to score. On a quick goal or shootout the coach puts in another puck.
3. Coaches can focus on any aspect of the attack or defense.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090824224302363>

