

DT100 Total Hockey: Continuous 1-1 to a 3-2

Key Points:

The support can be either passive or active.

Once the new players are in the neutral zone the original players go back to line, unless a regroup is added.

Description:

1. DT100 formation along the boards in the nzone.
2. Start with a 1-1 and when the puck crosses the blue line each player gets support from the lineup on the boards.
3. Various situation up to a 3-2. i.e. A 2-1 thru the nzone with the defender getting 2 and attacker 1 supporting player makes a 2-1 in nzone and 3-3 at each end.

Change the supporting players to create various situations.

Players learn to play in all situations offensive and defensive situations.

The game can also be played using designated positions.

http://www.hockeycoachingabcs.com/mediagallery/admin.php?mode=mediaedit&s=1&album_id=7&mid=20090726085540163

