Categories

PELITIL. TRANSITION

Drill Title: OFFENSIVE OR DEFFENSIVE TEAM PLAY DRILL

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Components:

Content elements:

Description

2+1 vs 3+1 continuous transition

ÆोÆÀ attack and ♠À supports to high

slot and leave, A after attacking backcheck below blueline

start defending from the NZ,

when puck goes over the redline 😉

support to DZ. 🕬 attack against new

∠F\ △A\/D\after a turnover and
□ or
supports.

Key Points

defensive triangle

use the man

zone entry

