T2-4 Low 3-3 - Pro

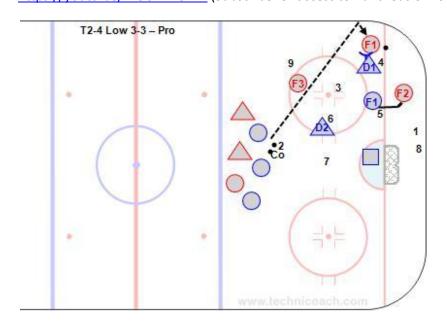
Key Points:

Players line up at the top of the circles and play a low 3 on 3. Defender pass to the coach if they get the puck. You can break into two groups and have all of the players attack and defend.

Description:

- 1. Three forwards vs. two D and one F.
- 2. Start with the coach passing to one of the attacking forwards.
- 3. Defenders cover one attacker each and stay on the defensive side.
- 4. Closest defender be aggressive and have 'stick on the puck and body on body' positioning on F1.
- 5. Second closest be within a stick length of the second attacker F2.
- 6. Third closest be half way to their F3 and pressure if he gets a pass.
- 7. Return to the mid-slot if you lose your man.
- 8. Attackers cycle and change the point of attack by passing behind the net.
- 9. Attackers rotate so there is always a high F3 ready to shoot or backcheck.

http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160211085603682 https://youtu.be/7F5CwkD9kF4 (Subscribe for access to hundreds of hockey drills)



^{*} D1 make the original challenge when the puck is in the corner.

^{*} F1 defend if the puck is at the hash or high slot and D2 start from the slot.