

DT400 - Attack-Defend-Pass-Rest - College F

Key Points: Sometimes you have many goalies. Here is a game that you can use up to 3 nets and work on the offensive and defensive principles and skills of 1-1, 2-1, 1-2, 2-2. I have used this formation with up to 4 nets in hockey schools, team tryouts and situations like I have now with 3 goalies.

Description Players line up along the boards with the defensive teams player being first in line and the offensive player next.

1. Offensive player attacks 1-1 vs the defensive player.
2. New defensive player follows the attack and gives support (either active or passive depending on how long you want the original 1-1 to last)
3. On a turnover or a goal the supporting defender gets a pass or takes the puck out of the zone and turns back at the red line and attacks vs the original attacker. When the puck is out of the zone the original defender rests at the end of the line.
4. When the new attacker crosses the defender gets support from a teammate at the front of the line. Repeat.

This is a great game to progress from instructing how to play a defensive or offensive 1-1 and then putting it into a game situation. The rotation can even be used to practice team play with larger numbers when you only have a half ice practice. . i.e. a 3-2 and 3 new players support, one goes low to make it a 3-3 low while the other two are passive at the top of the circles. Breakout and turn back vs the original attacker 3-3 and have 2 support, next 3 support.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140607123438310>

<https://youtu.be/S7DcK89fG-k>

