

C3, 5 on 2 Attack and Forecheck

Key Points:

Practice vs 2 D and vs 1 D and 1 backchecking D or F. Always have 4 on the attack in the 60% area and 3 overload the strong side.

Description:

1. Breakout 5 - 2.
2. Four attackers in the 60% scoring area.
3. Defend with either 2 D or 1 D 1 backchecker.
4. Controlled by coaches whistle to instruct.
5. Overload the strong side on the forecheck.
6. Original defenders breakout the next attack vs new defenders.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090814073710764>

