

B2 - D to D and Pass to Point – Russians U20

Key Points:

Defensemen practice with a coach at one end of the ice. Do the breakout options, go, wheel, counter, reverse and over.

Description:

1. Coach shoot a puck in.
2. D1 shoulder check and get the puck.
3. D1 drive skate to back of the net.
4. D1 pass to the point or to D2.

*All of the defense rotate being D1, D2 or D3. Add passes to D4 at the middle point and one timer shots.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120211113606390>

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<https://youtu.be/5ly0yhCgdXU>

