

DT 400 - Continuous Game of 2 on 2 - U18 F

Key Points:

Allow the attackers to cross the blue line before leaving.

Sequence is Support-Attack-Defend-Breakout-Rest

Description:

1. Players line up behind the blue lines on each side.
2. Offensive 1 and 2 attack vs defenders 1 and 2
3. Defenders 3 and 4 leave and the support the defense from the top of the circle.
4. Offensive 1 and 2 must attack with speed.
5. After a goal, frozen puck or breakout pass 3 and 4 skate to the far blue line and turn to attack the original offensive 1 and 2.
6. Two players leave to support the defending team.
7. Continue this flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120224091730987>

https://youtu.be/JFEiJsm6_9c

