

C500 - 1-1 in Front and Support at Point and Behind - SW

Key Points:

The most dangerous attacker is in front of the net. Play 2-1 but really a 2-2 as the goalie takes the shooter and defender denies the pass. Seal the stick to the outside on the shot and tie up the stick and then look for the rebound after the shot.

Description:

1. Coach has the pucks and passes to either the point or behind the net.
2. Players at point and behind can only shoot or pass.
3. Defender deny pass to the player in front and rebound goals.
4. Repeat about three times.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417111338220>

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<https://youtu.be/fPSGQBpmQxY>

