

C3 - 3-2 Pro W

Key Points:

Attack with a middle drive and create 2-1's. Defenders talk, good sticks and have a net front presence.

Description:

1. Start with 4 defenders in the neutral zone and attackers along the boards.
2. On whistle 2 attackers from one side and 1 from the other swing behind and attack 3-2.
3. Coach be ready with another puck if the play ends.
4. Play out the 3-2.
5. Repeat the other direction.
6. Two new defenders move into the neutral zone.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150518100913519>

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<https://youtu.be/4oCWJsTetlc>

