

## C3 - 2-1 with Backcheck - 4-2 Back - U17 M

### Key Points:

Practice starting with a 2-1 with backchecker then a new F join and Defender join the 4.2 the other way.

### Description:

1. F1-F2 cross and attack D1 full ice.
2. Highest player from last rush backcheck.
3. On whistle F3 start a rush the other way.
4. D2 - D3 defend a 4-2 vs. R1-F2-F3-D1.
5. Play out the 4.2 until the whistle and F4-F5 Start next 2-1 and F3 backcheck.

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<https://youtu.be/HgjEaRXwWq8>

