

T2-4 – D100 - Full Ice Specialty Team Practice - RB Pro

Key Points:

Practice the breakout, neutral zone entry, attack, forecheck and power play set up. The penalty killers practice the forecheck, and defensive zone coverage. It is great if you can get another team to practice with you and take turns with 5 min. power plays each in all situations and have a few minutes between each situation to review your systems with the players.

Description:

Divide into two teams with the extra players on the bench. If possible have someone run the score clock to make it game like.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090802114800166>

<https://youtu.be/i7XQ9oObsSI>

