

C6 - 1-1 to 2-2, 2-1 to 3-3, 2-2 to 4-4 RB – Pro

Key Points:

D joins the play and F backchecks on the whistle to practice offensive and defensive support.

Description:

There is a 1-1 at one end and on the whistle there is another 1-1 at the far end. The D jumps up to support the attacker and the F must backcheck. It becomes a 2-2.

Progress to a 2-1 which becomes a 3-3, a 3-1 or 2-2 which become 4-4 and a 3-2 which becomes a 5-5.

This is a great situational drill.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101007154527928>

<https://youtu.be/3xSV1IU3awE>

