

T4 - 5-5 Dzone Start in Each Corner - 5-5 - Regroup - Play - U18

Key Points:

Defenders shrink the zone and outnumber the attackers low.

Description:

1. Start in the corner with red in possession.
2. Defenders shrink the zone.
3. D1 check puck, F1 support D1, D2 close support for D1-F1.
4. F2 cover red F3 and F3 cover net front.
5. Walk through in the other corner.
6. Coach spot puck for a Nzone Regroup.
7. Red attack Blue 5-5 and play until whistle.

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https://youtu.be/Wm_SsEyH30

