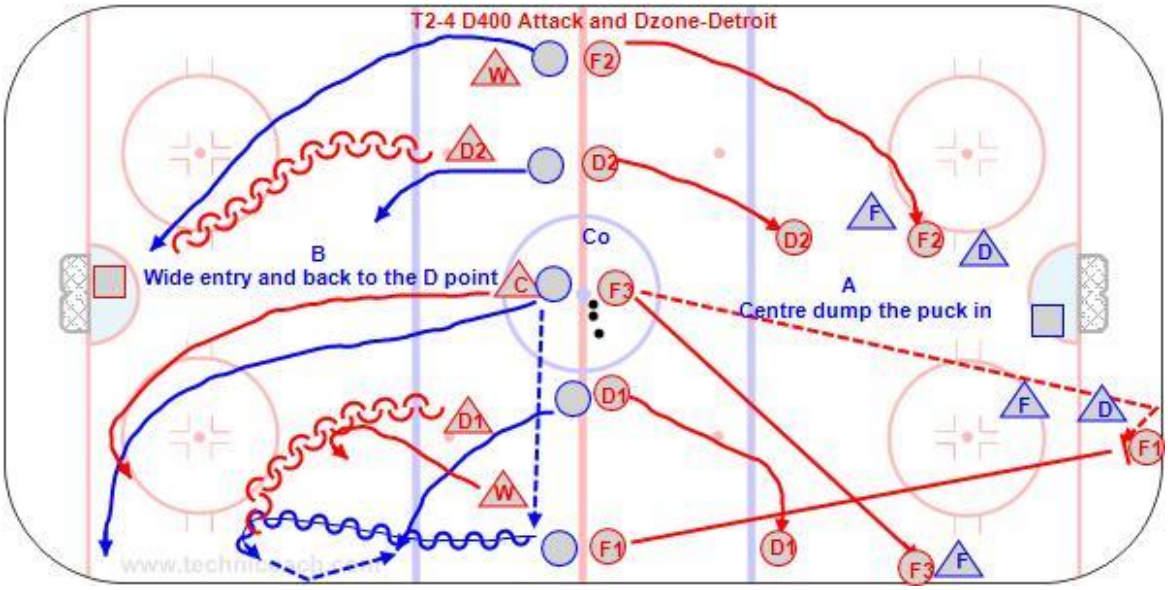
T2-4 - D400 Team Play Situations - Pro

Key Points:
Practice the forecheck, offensive entry wide and dump in. defensive zone coverage, breakouts.

Description:
1. Players start from the neutral zone.
2. Do some reps starting with the C dumping the puck in and forecheck.
3. Switch to the C pass to the W who gains the zone and then pass back to the point.
4. The coach can focus on any part of the attack or defense.
5. Alternate ends and the resting group switch from offense to defense for the next rep.
6. A progression into a game is for the defensive team to break out into the nzone and all touch the red line then attack the original offensive group.

http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101203105712291

Detroit
https://www.facebook.com/518555930/videos/pcb.814056566170809/10159832094395931

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https://youtu.be/Vn5reQw_sBk