

T2-4 - D100 Breakout vs Nzone Trap - Pro

Key Points:

Forwards support from three lanes. Strong side forward on boards face the puck. Middle forward mirror puck movement and wide forwards be open for a cross ice pass. Give targets. Defenders try to steer the puck wide and outnumber the attack in the neutral zone.

Description:

1. Coach pass the puck to a defenseman.
2. Defense pass to D partner or any of the forwards.
3. On a D to D they should hinge to pass below the trap.
4. Offense gain the zone.
5. On the whistle repeat with the original defenders now on offense vs original attackers.
6. After one or two reps new players repeat.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101207105916272>

<https://youtu.be/aK2WHaWt7Aw>

