

DT400 1-1, 2-2, Support-Attack-Defend - College W

Key Points:

Defender play a tight gap and backchecker back pressure the puck carrier to create a defensive 2 on 1. Fight for rebounds. Defender tie up the stick of the attacker and attacker fight to keep stick free to shoot. Do from both sides of the ice.

Description

1. Number 1 attack vs number 2 on both sides of the ice.
2. Number 3 support defender number 2 from the lineup.
3. Number 2 breakout with number 3.
4. Number 3 skate with the puck to either the red line or far blue line and then turn back and attack vs number 2.
5. Continue with number 3 attacking number 2 and getting support from number 4 at the front of the line.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090726102315873>

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<https://youtu.be/x6vR45Qy5K4>

