

DT100 Total Hockey - Continuous 1-1 to a 3-2

Key Points:

The support can be either passive or active.

Once the new players are in the neutral zone the original players go back to line; unless a regroup is added.

Description:

DT100 formation along the boards in the nzone.

Start with a 1-1 and when the puck crosses the blue line each player gets support from the lineup on the boards. Various situation up to a 3-2. i.e. A 2-1 thru the nzone with the defender getting 2 and attacker 1 supporting player makes a 2-1 in nzone and 3-3 at each end.

Change the supporting players to create various situations.

Players learn to play in all situations offensive and defensive situations.

The game can also be played using designated positions.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090726085540163>

<https://youtu.be/sa-YUDhh2h8>

