

C5 Dump-in 3-2 – Pro

Key Points:

Attack quickly and create 2 on 1 situations and shots that make the goalie go post to post. Defend and make it a 3-3 with the goalie making him only cover the strong side of the net.

Description:

- 1 – Start with a dump-in by the coach from the blue line.
- 2 – One defender be aggressive on the loose puck.
- 3 – Second defender read the next play. Attackers create 2-1's and triangles.
- 4 – Attackers outnumber the defenders on loose puck battles.
- 5 – Defenders must maintain the defensive side.
- 6 – Coach should set a time limit, i.e. 10-20" to score.
- 7- Give and go passes are the attackers best weapon.

*Always read, 'should I pressure or contain. As long as the attack stays on one side it is a 3-3 and the goalie is responsible to make strong side saves.

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