

C600 2-1 x 2 – Finish Play - Pro

Key Points: Offense should attack with speed and force the D to make a decision early by the first play near the blue line. This allows for a second play. D should delay the attack as much as possible and defend the most dangerous player allowing a bad angle shot. D tie up the stick of the most dangerous attacker after the shot, then look for the puck.

Description:

1. Red D1 pass to Blue F1.
2. Blue F1 and F2 cross in the neutral zone and attack Red D1 2 on 1.
3. Blue F1 and F2 continue until they score, the goalie freezes the puck or D makes a breakout pass.
4. Red D1 defend and pass to the coach when they get the puck.
5. Coach mirror the play for a pass from the D.
6. The D starting the next rush or a F who just attacked could support and then start the next rush.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2018071312012347>

<https://youtu.be/qJXoqNxDIq4>

This is the same drill but the coach allows the players to watch and decide when to start the next 2-1. It starts when the play is over at either end, so players must be alert and engaged. Much more of a player centred approach. The coach can now coach instead of being a traffic cop.

<https://www.youtube.com/watch?v=3ijFFdC9JwU>



