

C600 - 2 on 2 x 2 – Pro

Key Points:

Defenders play tight gaps, forwards create a 2-1 on one of the defenders, attack with speed.
Defense box out and take sticks after the shot.

Description:

1. Forwards start from the four blue lines and D from the red lines.
2. F1-F2 cross and drop and attack D1-D2.
3. After the first attack D1-D2 skate to the neutral zone
4. F3 – F4 cross and drop from the far blue line and attack 2-2 vs. D1-D2.
5. Repeat with F5-F6 attacking the other net vs. D3-D4.

**To add a component F3-F4 could follow the rush and get a pass from D1-D2 then cross and drop at the far blue line and attack D1-D2.*

**The same sequence can be used 1-1, 1-2, 2-2, 3-2 vary the situations randomly.*

**Give a time to score like 10" on the first rush so the players fight for rebounds and make a second play before the whistle. This adds lots important of components to the drill.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140926101333238>

<https://youtu.be/9-q0d7PnUmA>

