

C2 5-0 BO, RG x 2, 5-2 - U15 Boy's

Key Points:

Defense hinge and forwards support from each lane and give a target. One D join the attack. Play 5-2 until the play has ended. Make it a contest and keep score.

Description:

1. Start with the forwards dumping the puck deep in the zone.
2. Breakout 5-0.
3. Two opposition D follow the play and skate backward in the neutral zone.
4. Regroup with the opposition D.
5. D hinge and either pass to the forwards or feign a turn-over by passing to the attacking D.
6. Original D hinge and regroup with their forwards.
7. Attack 5 on 2 until a goal, frozen puck or breakout.
8. Original attacking D defend the next rush.

* Option is to add a second breakout instead of the regroup.

* Lloyd Percival the Canadian coaching legend called 5 on 2 the 'Magic Drill.'

* Option two: add a time limit, i.e. 10 seconds to score to create offensive urgency.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150310121518845>

https://youtu.be/xJvqE9Zh_8Y

