

DT100 - Continuous 3-2-Passive Support - Czech U20

Key Points:

This is a one puck game with no whistles. Coaches can talk to players as they return to the lineup.

Description:

1. Extra layers line up along the boards on each side.
2. Start with a 3 on 2 rush.
3. Defense gets passive support from 3 F and F from 2 D who wait above the top of the circles.
4. On a stoppage in play or turnover the defenders pass up to the new forwards.
5. New forwards attack 3-2 attack goes the other way.
6. Repeat the flow with three new F and two new D give passive support.
7. Continue this flow.
8. Keep score and play for a set time or to a set score.

**Options are:*

- a. F1 support low to make it a low 3-3.
- b. All of the players join the play and make it a 5-5 and the new players attack 3-2 the other way.
- c. Dump-in to work on the forecheck and breakout or D Follow and add a regroup.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150801092237448>

https://youtu.be/_N5WeGV05-Q

