

DT200 – 2-1 with Passive Support

Key Points:

Defender must join the play after passing. The key is to skate hard when you get the puck. On offense attack quickly and get a shot then crash the net for a rebound.

Description:

1. Players line up along the blue line with one team on each side.
2. Start with a 1-1.
3. A new player from each team wait over the mid line.
4. Defender pass to teammate and join the play making it a 2-1.
5. Continue this rotation.
6. Various numerical situations can be created with this flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130309101608500>

