

C3, 3-0, 3-1, 3-2 - Total Hockey

Key Points:

Attack with a middle drive and speed. Hit the net and drive for rebounds. Only allow one pass on the 3-0. Attack with speed and make plays early while defenders delay the attack.

Description:

1. One group on each side in the neutral zone.
2. Everyone attacks and defends.
3. Play rebounds until a goal or the puck is behind the net or outside the dots.
4. Coach pass new puck if a goal is scored.
5. One defender follow the rush on 3-0 and two follow the 3-1 rush.
6. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013012209054791>

