

C600 - 3-1 D Join the Attack - RB Pro

Key Points:

Attack with 2 F and 1 D. The D join the rush inside the top of the circles and decide to either continue being part of the attack or to pull back. Pass while skating. Defender delay the attack from the middle and rush the high man if a late trailer pass is made.

Description:

1. D1 step out exchange passes with F1 who is on the same side of the ice.
2. F2 cut across the neutral zone from the diagonal blue line and cross with F1.
3. D1 pass to F1 or F2 and follow the attack vs. D2.
4. Continue until the puck is out of play.
5. On the whistle F3-F4-D3 attack the other way vs. D4.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150627154233517>

<https://youtu.be/Qqtip1QTcKU>

