

B4 - 4-0 BO - Attack-Cycle-Point Shot x 2 - Czech U20

Key Points:

Forwards skate to the big ice with the puck and pass to the outside for a wide entry into the zone. One forward screen and the other cycle high. Defense work on one timers and quick shots or high cycle options like back door plays.

Description:

1. All of the players start from the middle circle.
2. Start with a coach at each end spot a puck on the goal line and D1-D2-F1-F2 leave from each end.
3. D1 shoulder check and pass over to D2 up to F1 or F2, attack 4-0.
4. F1-F2 attack and carry the puck to the 'Big Ice' between the dots and pass to the outside lane.
5. Shoot-rebound.
6. F1 get a puck in the corner and cycle high and pass to D1 to D2 who shoots - F1-F2 screen.
7. F2 get a puck from the other corner, high cycle, pass to D2 to D1 who shoots, screen.

** All of the high cycle options can be practiced with this drill.*

** D joining the rush can also be practiced in this drill.*

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