

B500 - Sweden 1-1 in Front and Offensive Support at Point and Behind Net

Key Point:

The most dangerous attacker is in front of the net. Play 2-1 but really a 2-2 as the goalie takes the shooter and defender denies the pass. Seal the stick to the outside on the shot and tie up the stick and then look for the rebound after the shot.

Description:

1. Player has the pucks and passes to a Joker at the point or behind the net.
2. Jokers can only shoot or pass to each other or the attacker in front.
3. Attacker in front try to score and defender deny pass and battle for rebounds.
4. Repeat about three times.

<http://www.swehockey.se/Hockeyakademin/Utbildning/Video/Ovningsbanken/> 1 mot 1 #1

