

## C3 - Continuous 2-0, 2-1, 3-1, 3-2 - Pro

### Key Points:

Make plays early - create 2-1's - attack with speed - middle drive. Start 2-0 and shoot at one end, one defenseman follow.

### Description:

1. Start 2-0 and one defenseman follow.
2. Attack 2-1 the other way and one defenseman follow.
3. One forward join with a puck and attack 3-1 the other direction, two defensemen follow.
4. Attack 3-2 the other way.
5. Start with a 2-0 with another group.

\*Options:

- a. Make a contest one colour vs. the other to see who can score the most in a certain time or else D and G vs.
- b. F's and count the goals scored in 8 minutes and next time see if there are more or less goals scored.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140916101410255>

<https://youtu.be/RADuyU7pIiw>

