C2 - Continuous 2-2 - D Join Rush-F Backcheck - Pro

Key Points:

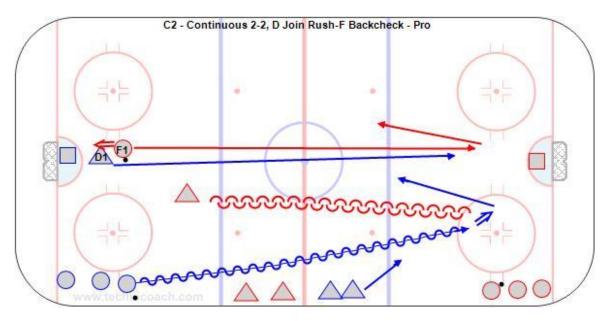
Defender start with a tight gap and communicate with the backckecker who to cover. Either finish the play and start the new attack or go on the whistles. Attack with speed and get a shot on net.

Description:

- 1. Start with F1 attacking 1-1 vs. D1.
- 2. When play ends F2 attack the other way vs. D2.
- 3. 3. D1 join the rush with F2 and F1 backcheck making it a 2-2.
- 4. 4. F3 start a new attack vs. D3 and D2 join the rush while F2 backchecks.
- 5. 5. Continue this end to end with the D joining the rush and F backchecking.

http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170407095036809

https://youtu.be/5X6-cIKjulo



^{*}This sequence can be used 2-1 to 2-2, 2-2 to 4-4, 3-2 to 5-5.

^{*} This flow can also be used in a one puck transition game with D joining the rush and F backchecking.