DT100 Continuous 2-1 to 3-3 and 2-2 to 4-4 With Tag-up – U18 F

Key Points:

Defenders collapse low in the zone. Create 2 on 1's by attacking the widest defender on the 2-2 rush and use crosses, drops and picks. Add competition by keeping score and timing the game or play to a certain score like first team to 3 goals.

Description:

- 1. Extra forwards and defense line up on the sides in the neutral zone.
- 2. Start with a 2 on 1 attack Blue F1 and F2 vs Red D1.
- 3. When the puck crosses red line red F1 and F2 tag up at far blue and backcheck.
- 4. Blue D1 support rush from the point.
- 5. Play 3-3 at each end. New players go the other way.

https://youtu.be/MInmHmN4wvs

* In the 2-2 to 4-4 game two defending forwards tag up and backtrack between the dots to the mid slot and then cover the points. D1 and D2 play low against F1 and F2.

https://youtu.be/Zc IQEA9dX8

* You can play this transition game from 1-1 to 3-2, i.e. 1-1 gives a 2-2 at each end, 3-2 gives a 5-5

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