T2-4 - Continuous Three Team Game - Passive Resistance – Pro

Key Points:

Practice offensive and defensive team play with passive resistance where players practice positioning in both situations. You can also play this as a live scrimmage and use the same rotation for PP and PK. To work on PK have either 3 or 4 players waiting in the neutral zone.

Description:

- 1. Start with a dump in and 5-0 breakout.
- 2. Defending team wait in the neutral zone and go back to breakout on the dump-in.
- 3. Offensive team forecheck with a wide 1-2-2 and a 2-1-2 when F1 creates pressure.
- 4. Use various breakout options as; boards, reverse, quick to C, C touch back to Wing, etc.
- 5. Three forwards and two defensemen wait in the neutral zone when the puck enters each end.
- 6. The new players go back for the dump-in and breakout.

http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171003160114595

https://youtu.be/jli_o4eSyMc