

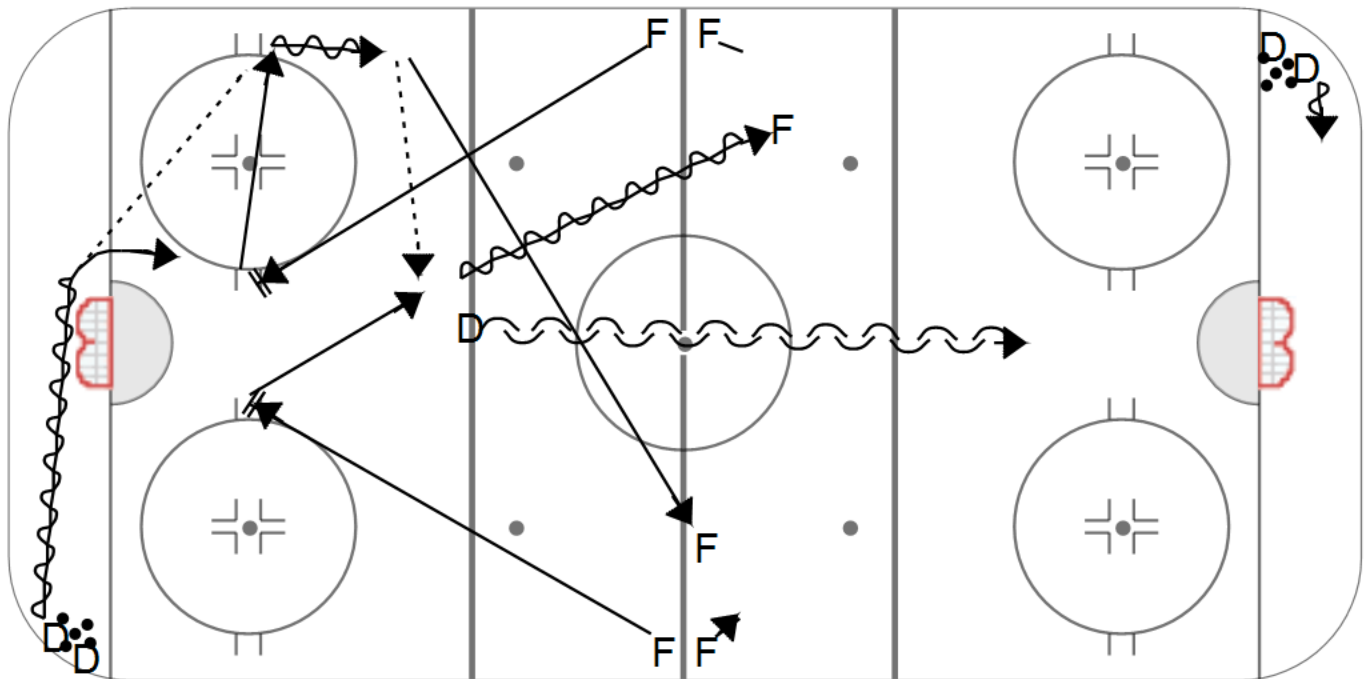
Category #1 :

Title : 2v1 Continuous Back Checking

Category #2 :

Content elements :

Components:



Key points :

teaches Defense to follow play

up the rink to establish offensive and

defensive gapping also creates speed for

Attack to the net on 2-1's

Description

Forwards line is up the Redline by the wall area.. Defense are in the corner of the rink Diagonal from one another. Pucks will be with the Defense.

Drill starts with a start of Backchecking, whistle blows, Forwards (1 from side) skate to the hash marks, next whistle starts the Defense with the puck behind the net. Forward will move to offensive spots to break out. one wall, one middle, Diagram shows puck to wall but D could also, us middle forward. once pass is complete the forwards will attack 2-1 down the ice, the Defense that created first offensive pass, will follow up play to the far blue line he/she will accept next rush. (2-1). When Forwards on the attack get passed Redline this will start the backcheckers (1 from side) moving in other direction. they back check to the hash marks as the play plays out 2-1. Whistle starts the Defense at the end where attack ends. BackChecking Forwards go to offensive help spots.

Attacking forwards have to attack fast, if the Back Checker break it up on there way to the Hash Marks then that is good, Back Checkers don't disrupt the play if it continues on rebound chance, has to stay at hash mark area. don't chase around zone.