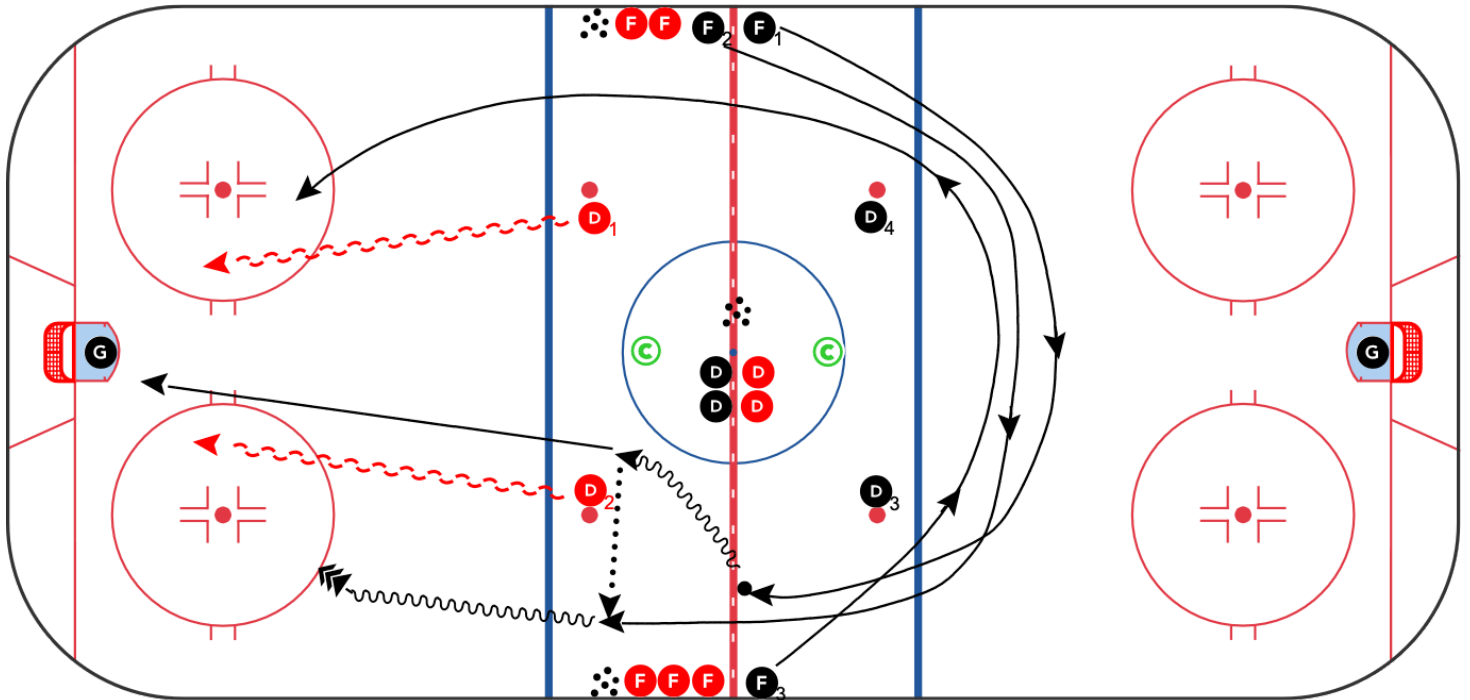




3 vs 2 Overspeed Sort Out



Description

- Start on Coach whistle.
- **F** 1- **F** 2- **F** 3 skate around **D** 3- **D** 4 building speed through the NZ. Next line spots puck on one side for the rush.
- **D** 1- **D** 2 cannot start their skate backwards until F touches the puck.
- **F** 1 collects puck and attacks the middle through the dots opening up space for a wide entry. **F** 2 fills the wide lane and collects puck to start a Drive-Drive attack off the rush.
- **D** 1- **D** 2 backwards skate playing the rush. They will be under pressure because of the late start, waiting for the F to collect the puck.
- FWDs can use any attack option off the rush (F1 shot for pass off the pads/rebound play at net, pass to F2 for tip, pass to F3 on Dot Drive for shot off the rush).
- If the attackers score, or the goalie keeps, Coach spots a second puck for a 3v2 in the zone. If the shot or rebound stays in play the D and F race for recovery. For puck in the strong corner, F2 is responsible for recovery. For puck in the weak corner, F3 is responsible for recovery on attack. If F's recover puck they re-attack. If the D's recover the puck they must pass to each other and try to escape to top of circles where they can pass to the Coach to start a 'break out'. Once play is scored or broken out Coach blows whistle to start play the opposite direction. This is a great drill for line rushes and compete. It adds game-like elements for both the F's to sort out the best attack and recovery as well as allowing the D to learn how to break out under pressure.

Drill by Dan Church, York University Women's Hockey

Key Points

- Speed on Attack
- Drive Drive - Wide Entry; F2 split D1/D2; F3 Dot Drive (patient); F1 take care of the puck and drivers
- Attack off the rush
- Sort out and compete in zone - F's reattack vs D breakout
- Communication
- COMPETE