

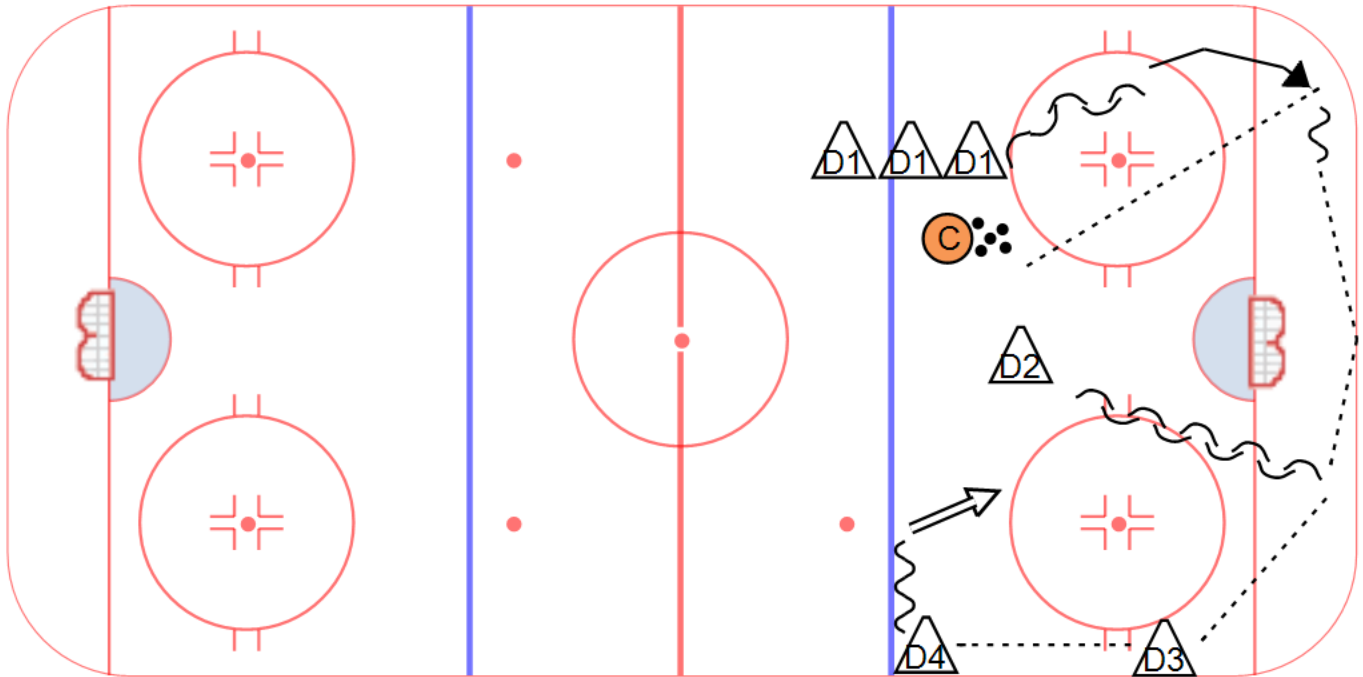
Category #1 :

Title : D to D movement and support with shot

Category #2 :

Content elements : _____

Components: _____



Key points :

Description

This drill is designed to increase the defensmen working together for D to D breakout. D2 and goalie must communicate to D1. D2 must be in a perfect supporting position.

D1 and D2 start in a hinge position. Coach says go and both back off. C then dumps puck in behind D1 who shoulder checks then retrieves and moves it to D2. D2 quickly moves to D3 who passes to D4. D4 works on drag and shoot across the line.

Progression: add in a passive forechecker.

Add in a forward to replace D3 who attacks the net and D2 must defend, then C passes to D4 for a point shot while the F and D battle in front.