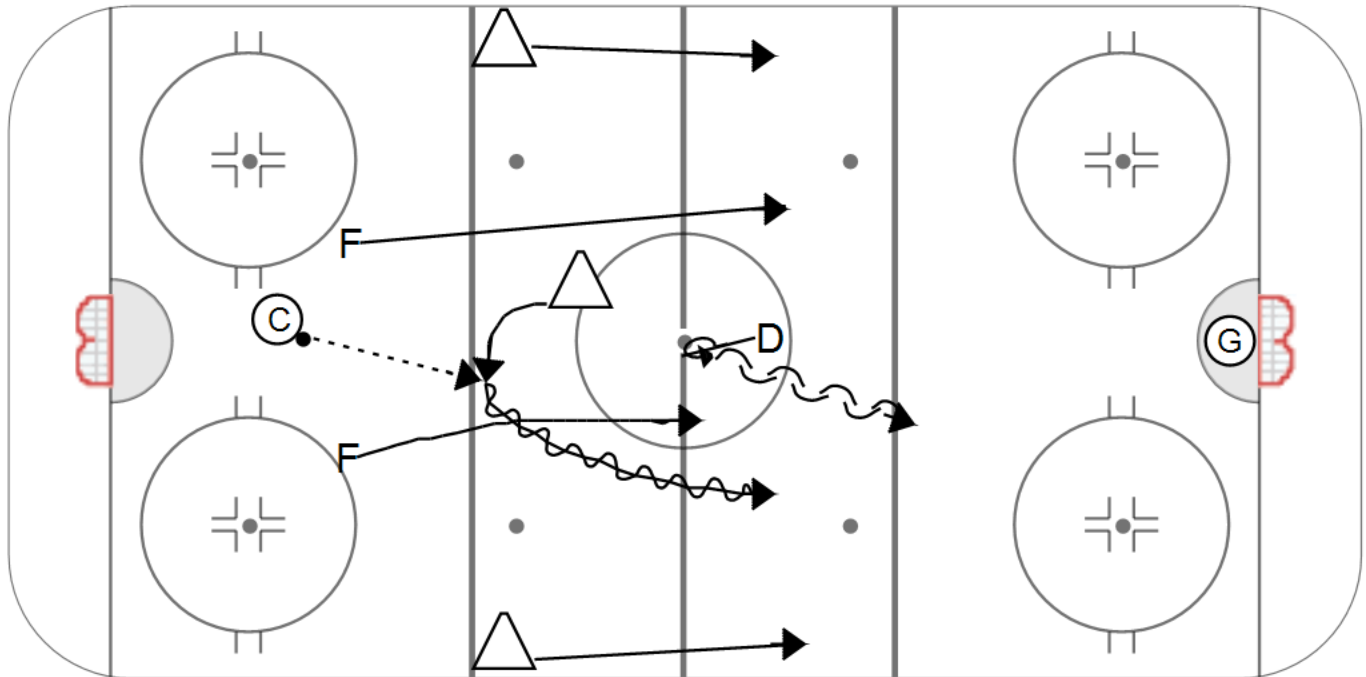


Category #1 : Category #2 : Title : 

Content elements :

Components:



Key points :

Straight Attack/Rush

Back Checking/Tracking

Defensive Play, man on  
man 3v3can do 3-1 w 2F's or 3-2 w  
1F up to coach

### Description

Set up drill 3 attackers and 1 Opp. Defense in the neutral zone, players that are backchecking or tracking will be on the circle or area where coach places them, coach has puck, whistle coach will puch puck to space and center will pick up in that direction, also, creates read for the Opp Defense that is lined up in middle of the neutral he/she is to come up and pivot and handle on that side put also be aware of weak side of ice. Track has to sort out by reading also, BackCheck hard through middle, try to keep the pu on one side of the ice by skating in the passing lane between the attackers.

Find the own man in the defensive zone. this is 3v3 mini game at end of drill.

Be creative in your placement of players and also can make 3-2 with one tracking forward, can add Forward tracking puck and Defenseemen slide, think of situations you want to teach.