

T2-4 C2 Back Pressure-Low 3-3 – Pro

Key Points:

Back pressure through the neutral zone. Defenders stay on the defensive side and attackers fight to get on the offensive side.

Description:

1. Players line up on one side.
2. Start with a D to D to F breakout and 3 F attack.
3. Defend with 2 D and 1 F.
4. F back pressure the puck through the nzone.
5. Defenders communicate and pic up one attacker each in the defensive zone.
6. Play the low 3 on 3 until a goal, frozen puck or the defenders break out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140101161511427>

<https://youtu.be/DXqzgd3Fd8U>

