

DT400 With Varying Situations 1-1 to 3-3

Key Points:

The defenders have to recognize the new situation and communicate 3 on 1 or 2 on 2 etc. Vary situations from 1-1, 1-2, 2-1, 1-3, 2-3, 3-3, 3-2, 3-1.

Description:

1. Play a game situation from 1-1 to 3-3 and all variations. The coach tells the defending team who are waiting at the blueline whether 1 2 or 3 players attack next vs the attackers who must defend when they lose the puck.
2. One puck only is used.
3. Sequence is attack-defend-pass to team mates waiting at the blue line-rest.

