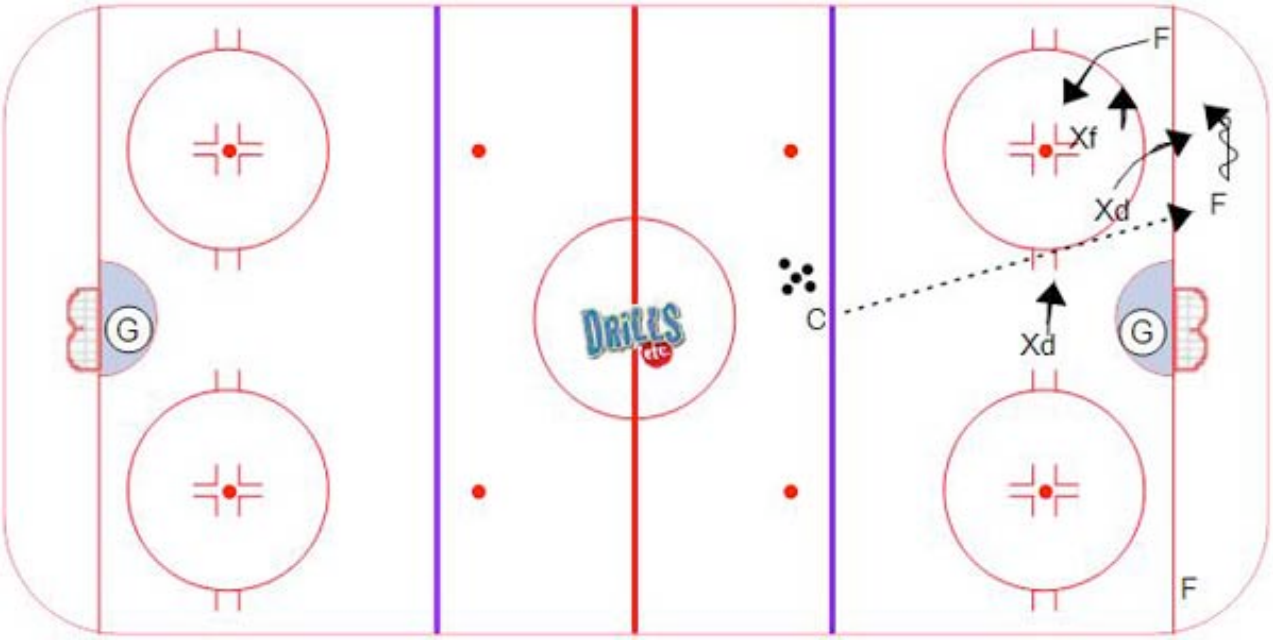
FEATURED DRILL



2 vs 3 . 3 vs 3

Purpose

- defensive zone coverage.

Description

- C initiates the drill with a pass to either stationary F
- player receives a pass and F's attack attempting to score
- three defensive players work on one vs one coverage with the third player in a support position
- on the whistle, C passes to stationary F in the opposite corner to initiate a 3 vs 3 down low
- player continues until a goal is scored or the defensive team recovers the puck.

Teaching Points

- communication, defensive side positioning, play the man, minimize time and space.