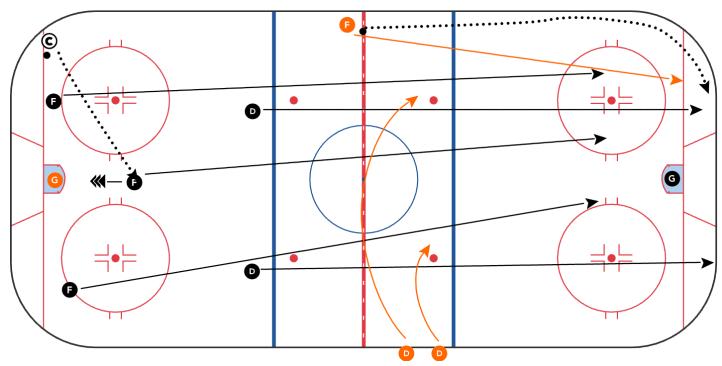


## **Huntsville Puck Support**



## Description

On the whistle drill starts with coach passing to players in OZ to run quick OZ set (ex 3 high, change sides rim release etc.)

Next whistle those 5 players sprint down to far end of ice, when the 1st forward tracking back hits the red line the F waiting at redline with puck dumps puck into zone. (key to this dump is puck placement, we want to keep it out of the trapezoid and away from the goalie) If puck reaches goalie kill the drill and start the drill over from the beginning. This puck placement is either a hard rim entry or soft strong side corner dump That F will forecheck his placed puck. The Five player unit runs quick breakout against forecheck pressure. The Weakside D will activate up ice and join the rush making it a 4v2 rush. The Forechecking F will track back and apply back pressure working to make it 4v3 rush After all 5 players cross the red line 2 D come off the bench get connected at the blue line and prepare to face rush up ice with a good gap Once rush ends drill is over next sequence starts in opposite end

## **Key Points**

Quick puck movement. under handle pucks to play fast Working back to spots to support puck Good communication, lots of talk Rush defense priciples