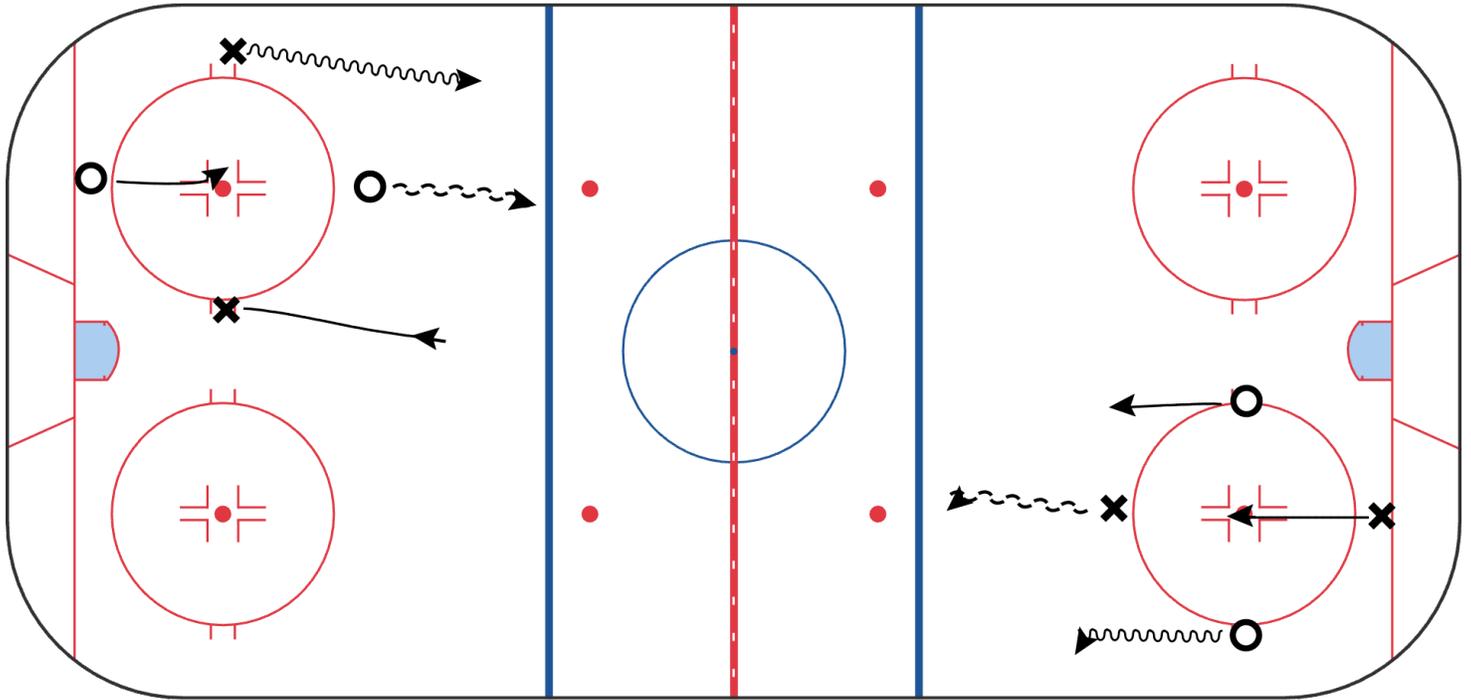




2vs2 back check - speed Jalonen



Description

2vs2 backcheck - unit stays on the same side - long split

2 offense players at the hash mark - defense 1 at the top of the circle - defense 2 on one knee at the goal line

on whistle offense player passing from the inside to the outside (safety rule - stay on your side of the rink).

offense players skate hard and protect puck to score on the other end

defense players prevent DZ entry

add: after attack all 4 players in front of the net - coach fires a puck from the blue line - defense box out/offense ready for deflection or rebound

Key Points

- offense with an accurate first pass and take space - quick zone entry
- defense gap up - allow no space for offense