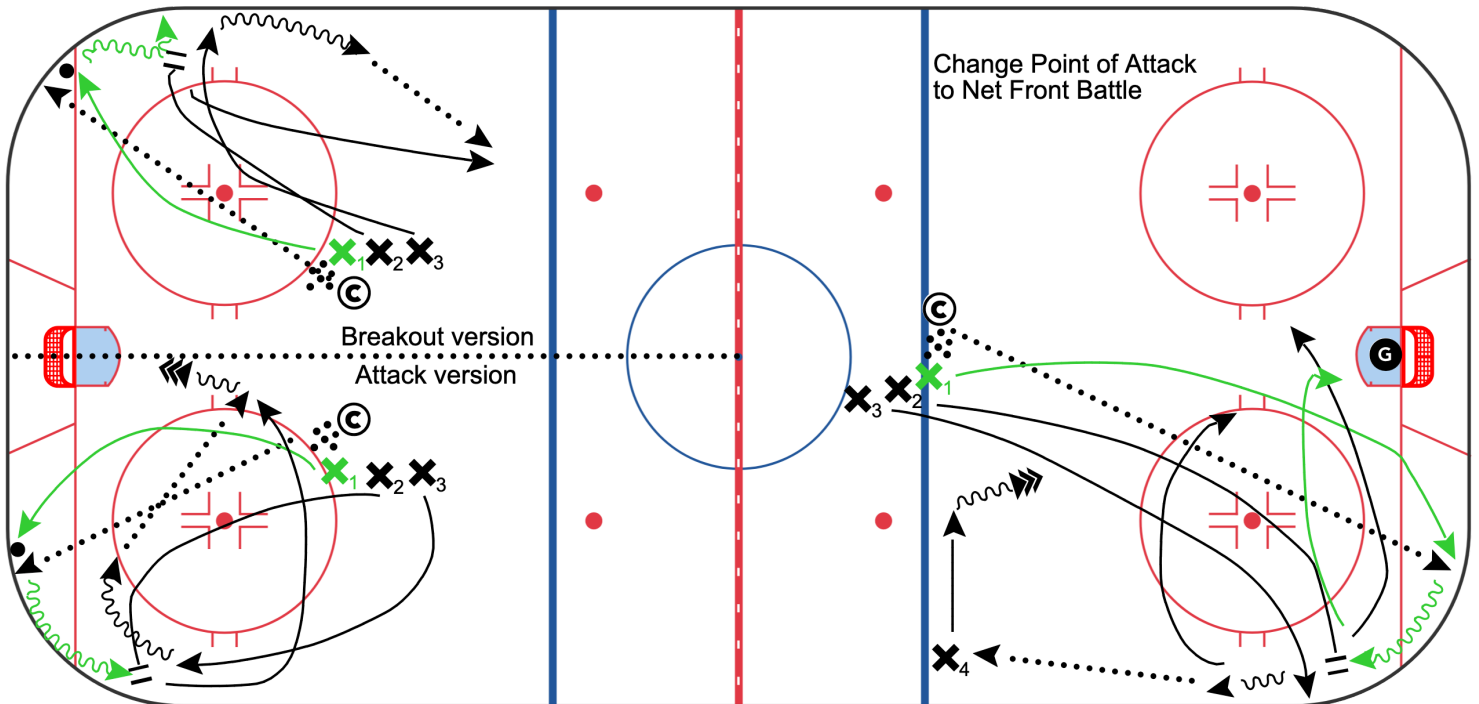




Get Puck Back Attack Variations



Description

This awesome battle drill can be used anywhere along the wall - but it works very well in the corners. It is focused on quick TRANSITIONS from defending to attacking - either from defensive zone coverage to breakout, fore-check to attack or even back-check to regroup. Make sure players practice angling/attacking on both sides of the ice.

#1. Pin & Puck Breakout: X1 recovers dumped puck and tries to score. X2 gets in first as defender and angles puck carrier to get puck/player stopped (PIN). X3 waits on the goal-side to see how well X2 does with pinning - if X2 pins, X3 gets puck. If X2 gets beat, X3 must become PIN player and X1 must get goal-side to be support player. Once X2 & X3 gain possession, they look to breakout with possession above the blue-line. X1 tries to steal it back to attack.

#2. Pin & Puck Attack: X1 recovers dumped puck and tries to skate it out. X2 gets in first as defender and angles puck carrier to get puck/player stopped (PIN). X3 waits above the puck to see how well X2 does with pinning - if X2 pins, X3 gets puck. If X2 gets beat, X3 must become PIN player and X1 must get back above the puck to be the support player. Once X2 & X3 gain possession, they look to attack the net quickly against X1 on a 2v1.

#3. Change Point of Attack to Net Front Battle: Add another player at the point. Once the X2 & X3 gain possession down low, they move the puck up to the high player who walks the line for a shot with 2 attackers and 1 defender in front. Play out that net front battle for a few seconds.

VARIATIONS:

- For initial puck carrier: skater has to stay up the wall, has to stay on same side of ice puck went in on, goes at 50%, 75% or 100%.
- For 2 players winning puck back: script number of passes they must make before shooting/skating it out.

Key Points

- Contain, Pressure, Obtain - 1st player in must contain, then pressure/pin and 2nd player gets puck.
- Pin & Puck Mentality - first player in is looking to angle & PIN (NOT steal the puck). 2nd player gets PUCK.
- Quick Transitions - players on both sides of the attack must quickly transition from attack to defend & defend to attack
- Communicate & Compete!