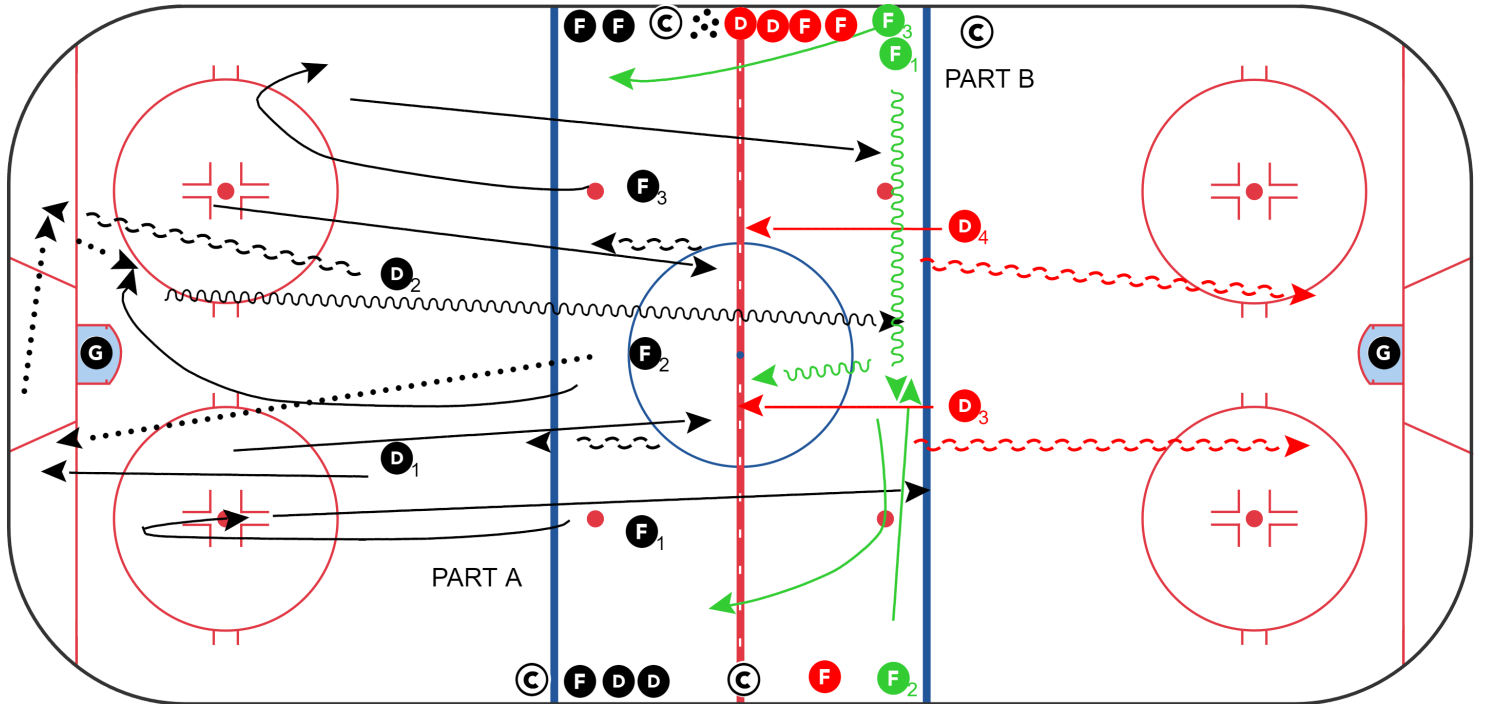




PAC 3 on 2 x 2



Description

Set up as shown

PART A F 2 places puck to back boards to start a breakout with D 1 & D 2 (C may FC) D 3 & 4 gap up to play F 1 2 & 3 - 3 on 2 D 1 & 2 do not join rush , they gap up at center line to defend 3 on 2. AS soon as the F 's cross the blue line

PART B F 1 leaves with a puck and drops it for F 2 (skate puck up middle) then fills wide lane , F 3 stays on his side to join 3 on 2 rush vs D 1 & D 2 . Go till double whistle or D clear the puck. D stay in their end - Forwards back check hard to their original end

Next sequence , breakout from the opposite end . Can go 2 on 2 if there isn't enough forwards

Key Points

F - Good breakouts , entries. Create quality scoring chances

D - Good breakout , gap , sticks