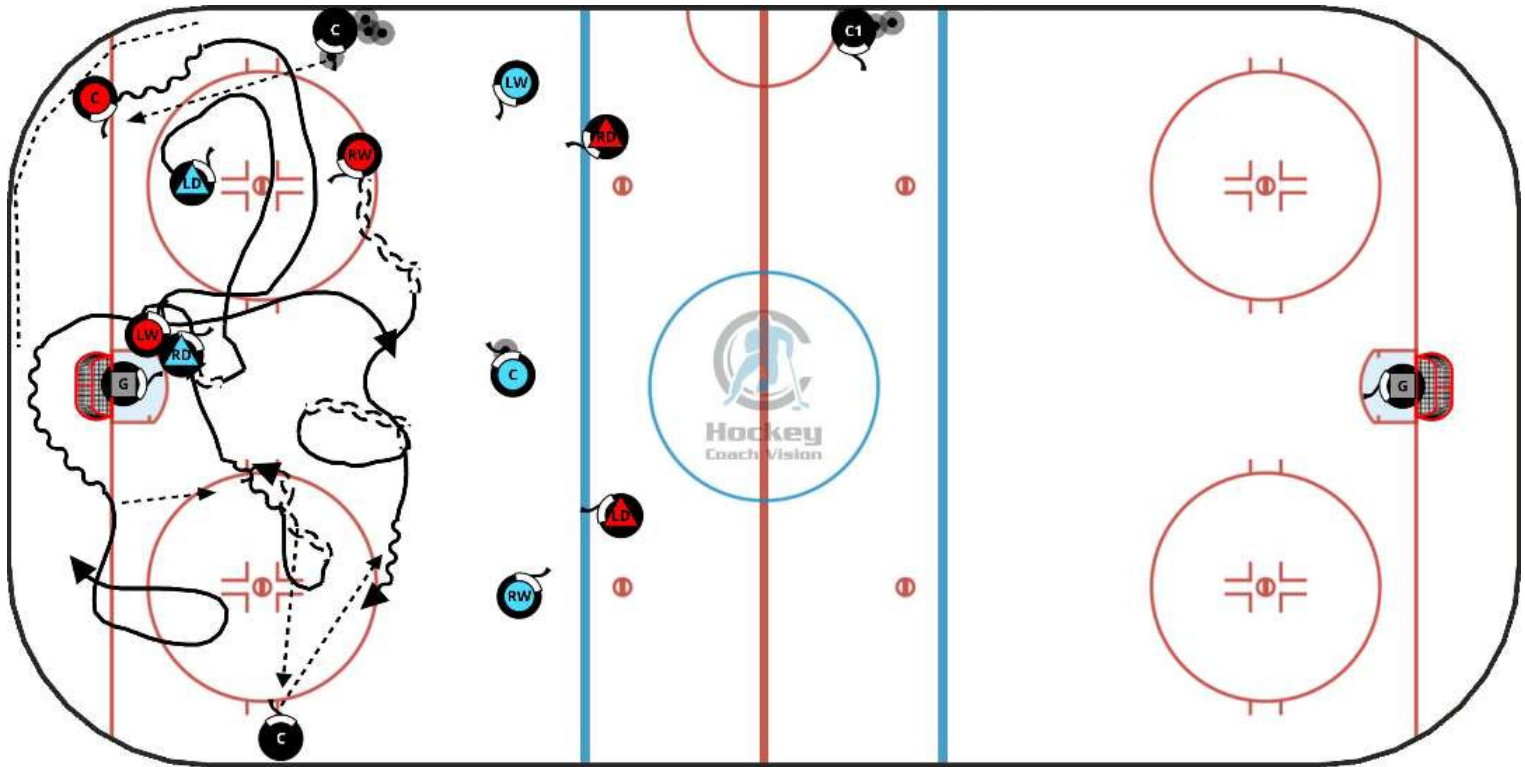


TROY 3V2 LOW TO 5V5 BACK CHECK TWO COACH



DESCRIPTION

Backchecking drill

SETUP

If D cuts a pass... he relays it to one of the coaches on the wall who are simulating wingers on the wall. Coach throws back to forwards... play out then b.check to 5v5.

Variation: When back checkers reach their defensive blue line, C1 throws them a new puck and they attack back 3v2 against the original 2 D.

TIPS FROM THE COACH

- o Good communication between forward and defensemen to sort out D coverage
- o Attack net on the rush and drive for rebounds

ASSOCIATED WITH

U11, U13, U15, U18, Skating, Systems