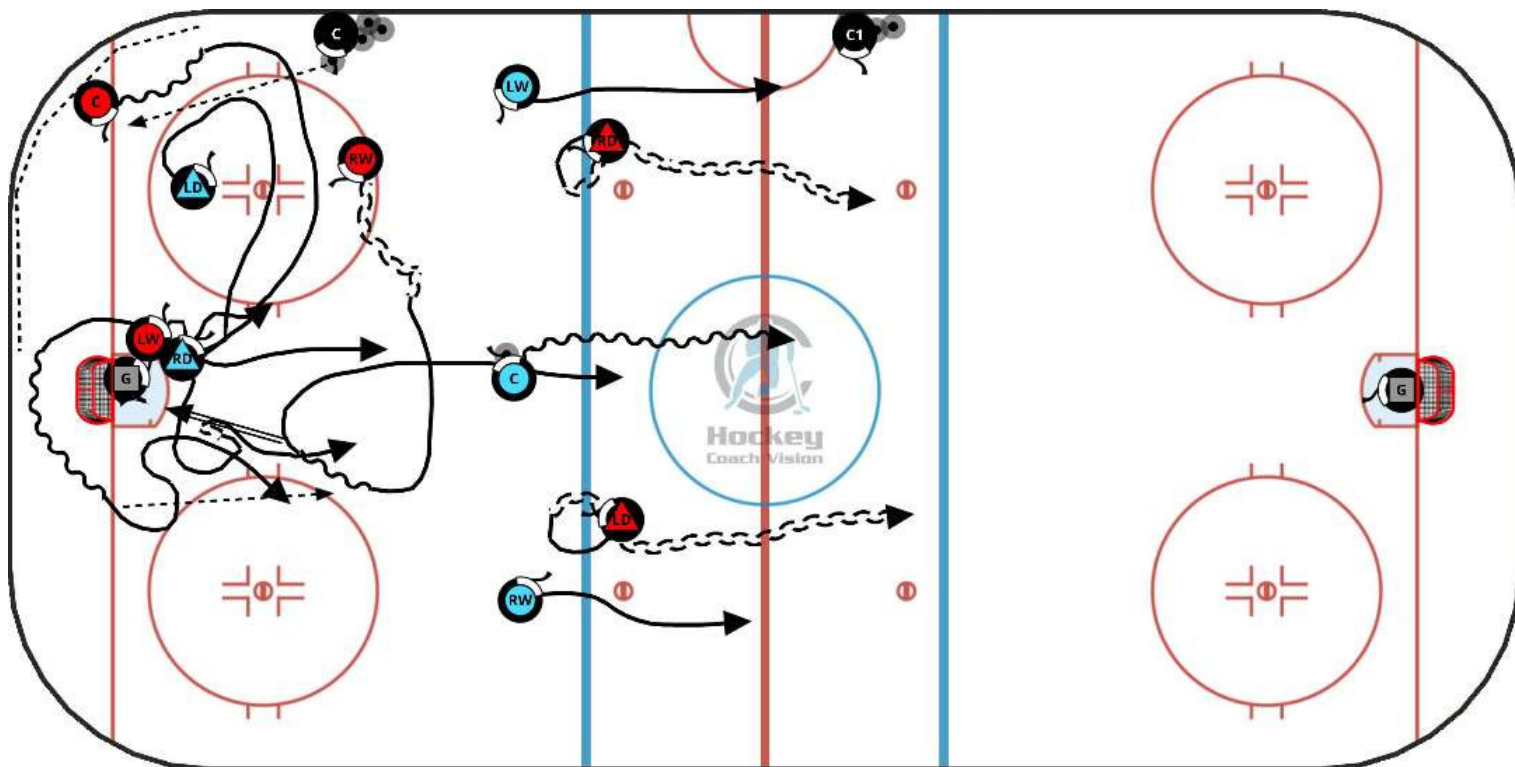


TROY'S 3V2 LOW TO 5V5 BACK CHECK + QUICK COUNTER



DESCRIPTION

The drill works on applying back pressure then a quick counter

SETUP

Start with 3 Fs down low against 2 D

Coach is on the half wall with pucks

C starts 3v2 play by passing low to one of the Fs. C may pass in multiple pucks on quick clears

Another forward line waits at the top of the circle. Center has puck

On the whistle, the forwards line at the top of the circles attacks down ice 3v2 with the previous attackers back checking to low 5v5 situation or in this version, receive new puck from C1 for quick counter back

TIPS FROM THE COACH

- o Red players back check hard to the defensive zone to 5v5 .
- o quick counter back 3v2

ASSOCIATED WITH

U11, U13, U15, U18, Systems