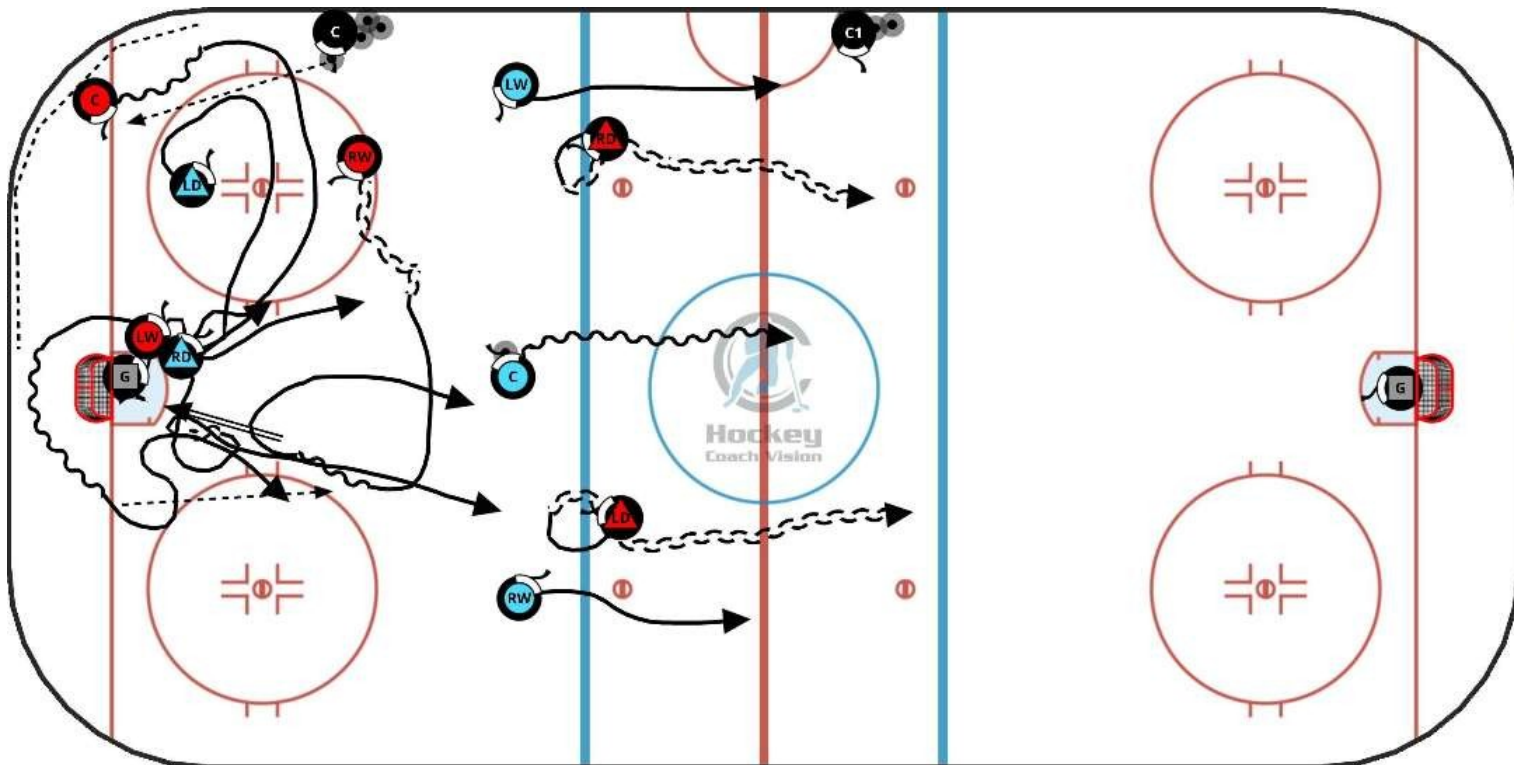


# TROY™S 3V2 LOW TO 5V5 BACK CHECK



## DESCRIPTION

5 on 5 system play

## 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 a puck.
- On the whistle, the forward line at the top of the circles attacks down ice 3v2 with the previous attackers back checking to low 5v5 situation.
- C1 is ready with a new puck should

## TIPS FROM THE COACH

- o -Red players back check hard to the defensive zone.
- o -Good communication between forwa

## ASSOCIATED WITH

U11, U13, U15, U18, Systems