

Title : Confusion Drill

Category #1 : Coach Nielsen

Category #2 : Flow

Description

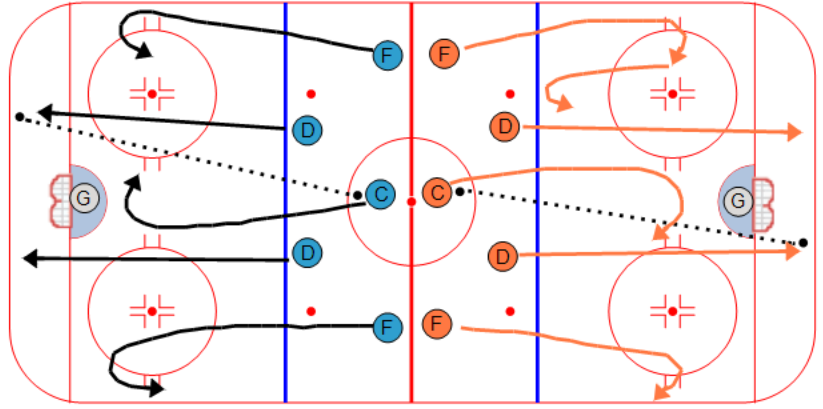
Part I - 2x2 / 3x3

Both ends execute a 5x0 breakout.
On the blue side all three forwards attack the two orange defensemen and the trailing orange forward to make a 3x3.

The two leading orange forwards attack the two blue defensemen to make a 2x2 rush.

Stay alert in the NZ because there are a lot of players moving through that zone at the same time.

Run Part I a few times then switch to II & III



Key points :

Four empty boxes for key points.

Title : Confusion Drill (seq 2)

Category #1 : Coach Nielsen

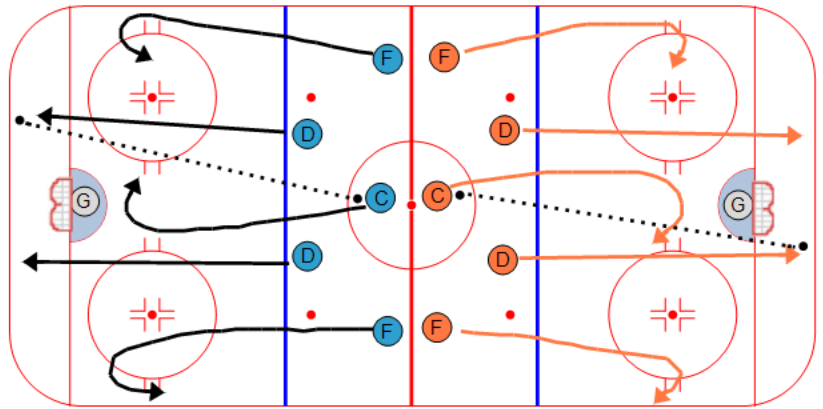
Category #2 : Flow

Description

Part II - 3x2 / 3x2

Part II is just a straight 3x2 both ends.

Off the breakout the forwards attack the opposing defensemen 3x2.



Key points :

Four empty boxes for key points.

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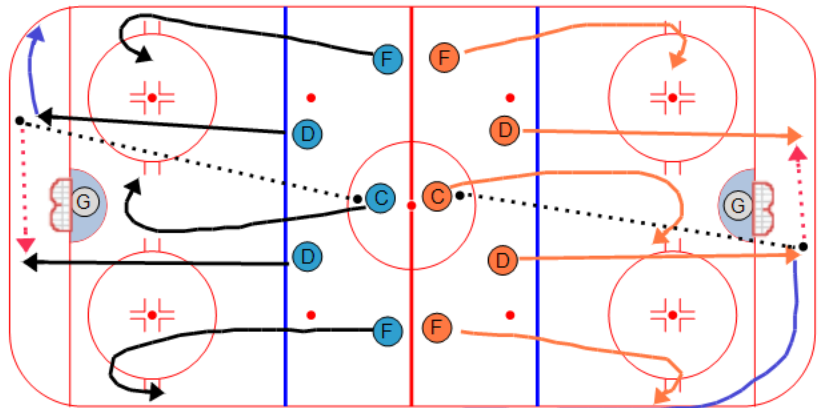
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Part III - 3x1 / 3x1

In part III once the breakout pass is made by the defensemen the D making the pass skates to the bench or into the corner and stays out of the play to allow a 3x1 in both directions.



Key points :

Four empty boxes for key points.