

Title : Double D Retrieval 2v1 / 3v

Content elements:

Components :

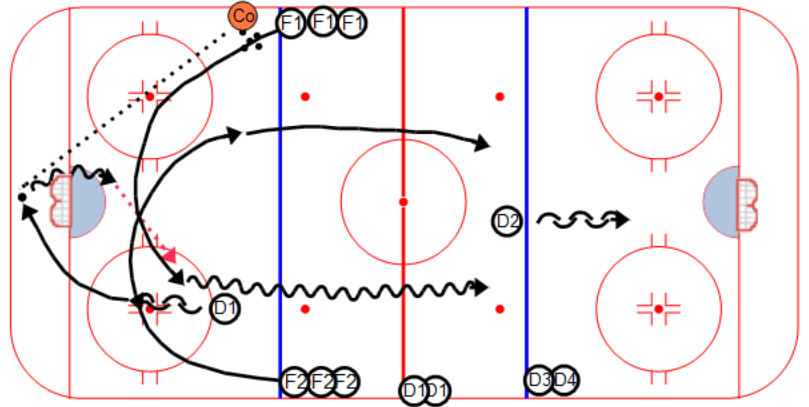
Description

Step 1: A defenseman from D line 1 (D1) steps up and stands above top of circles (facing attacking zone).

Step 2: Coach dumps in puck. D1 takes 3 backwards strides and then pivots to retrieve the puck. At the same time, a forward from each line (F1 and F2) are swinging low, timing the play ready to catch a pass from D1.

Step 3: D1 gathers the puck, cuts the net hard and gives a breaking F1 or F2 a pass. They go down the ice 2 on 1 against D2 (who comes from D line 2, gaps up and pivots to play the rush).

Step 4: After making the pass to F1 or F2, D1 has already circled back around to retrieve a 2nd puck that was dumped in by a coach. Now two more forwards swing low (F3 and F4) looking for a breakout pass from D1.



Key Points :

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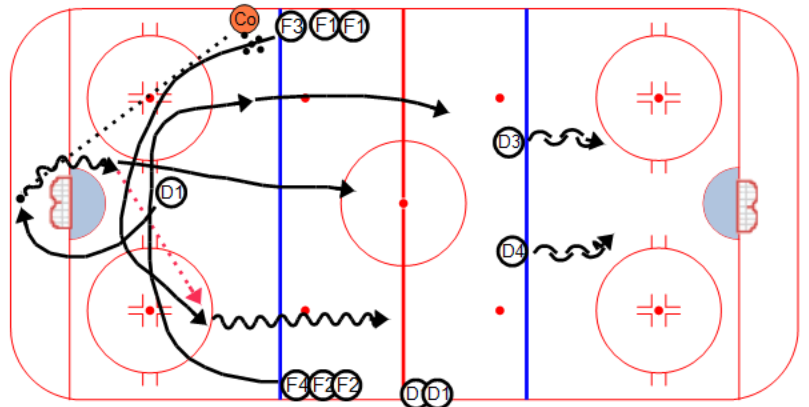
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Description

Step 5: D1 gathers the puck and hits F3 or F4 with a pass. This time, D1 joins the rush after making the pass. They go down the ice 3 on 2 against two defensemen from D line 2 (D3 and D4 who gapped up and pivoted to play the rush)

Step 6: After the 3 on 2, coach blows whistle and a new D1 steps up to top of the circles and they set up to begin a new sequence.

*Depending on how many Defensemen are on the ice for practice, D2 can play a second rush, joining D3 for the 3 on 2. Or the play can be a 3 on 1 just using D3. The main focus is D1 retrieving pucks quickly and efficiently and learning how to jump into a rush.



Key Points :