

DT100 Active and Passive Support 3-2 to 3-5, Juuso-Yursi IIHF Symposium

Key Points:

Continuous flow of 3-2 in the neutral zone to a 3-5 at each end. Defense must communicate who covers each attacker and attackers must go to the net hard before the backcheckers arrive.

Description:

1. Start with a full ice 3 Red F vs. 2 Blue D.
2. Extra players support from neutral zone.
3. One player is wearing a heart monitor and the reading is shown on the Jumbotron. They show the reading at the end and the player has a heart rate of 182.
4. Two RD get support from 3 RF in line-up.
5. 3 on 5 in defensive zone.
6. Two Blue D wait in nzone.
7. Three RF who supported now attack the in the other direction vs. two Blue D.
8. Three Blue F support, continue flow.

Organization Note: In order to play a continuous 3-2 transition game you need at least 6 F and 4 D on each team. You can use the same flow from a 1-1 to 1-2 up to this 3-2 to 3-5. Whatever situation you decide to use you must have 4x more players. So this 3F on 2D requires 12 F and 8 D. It is also best to use only two colours and put half the F and half the D in each.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131130154308175>

DT100 - 3 on 5 Neutral Zone to 5 on 5 Each End - Juuso-Yursi

<https://youtu.be/dcWbCVubcu0>

