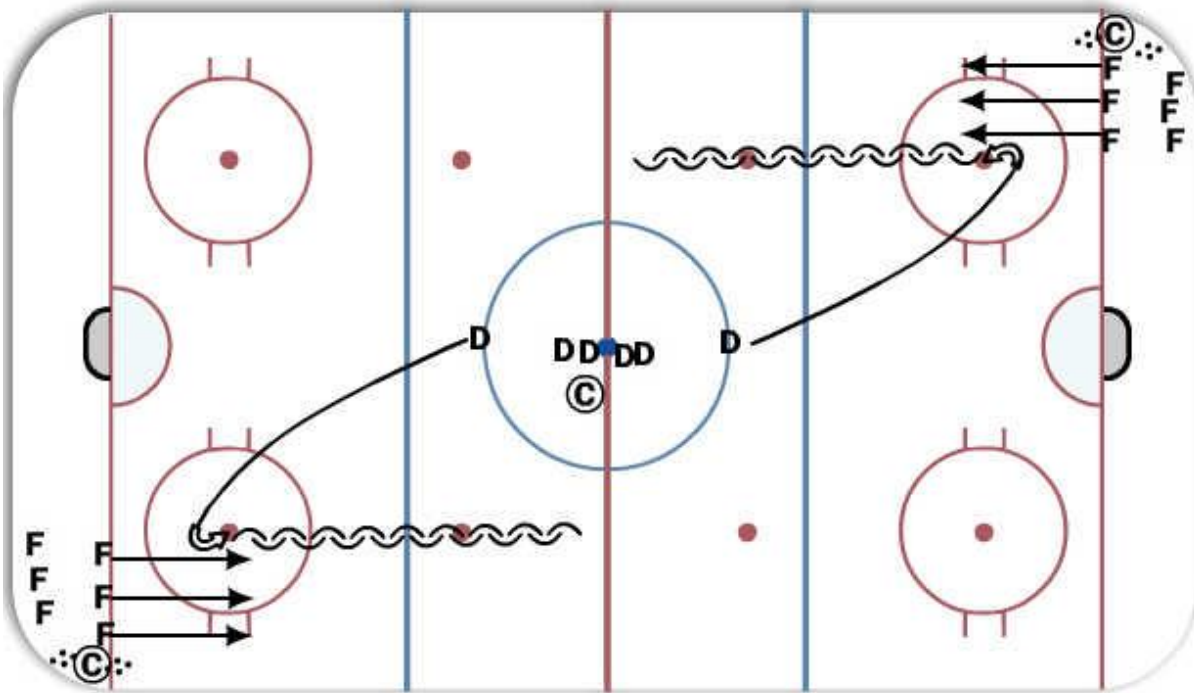


Call the Rush



Description

on whistle two D skate towards their respective end and transition pivot on the dot. As soon as the D pivots the coach in the corner calls out a number 1, 2 or 3 in which that same number of forwards take off on a line rush the full length of the ice. D need to identify the rush and adjust accordingly. Teach them to pressure the pass early and take away the middle of the ice. Teach them to use the dots as a reference. Teach the Forwards to support the puck and drive the net! shoot for opportunities (POP) and dot drive. Play it out until double whistle.

Key Points: -Identify the Rush, -Close the gap, -Net Drive,