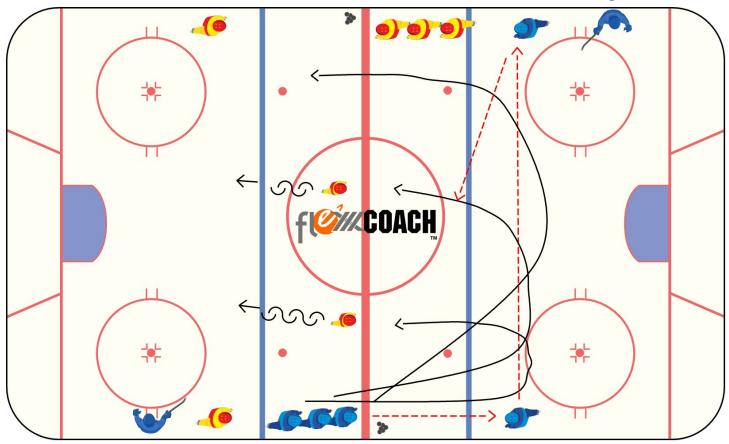
## **Continuous Line Rush**





**Objective** To develop good line rush attack habits and skills

**Key Elements** Attack with speed, support the puck carrier, Attack the net without the puck, Defensemen play inside the dots

**Organization** 3 Blue Fs pass to Blue D1 (make D-D pass) and skate to top of circles to receive pass from D2 and attack 3 v 2 in opposite direction. Players return to the same line.

When the rush crosses the blue line, 3 Red Fs pass to Red D1 (make D-D pass) and follow Blue Fs to top of circles to receive pass from D2 and attack 3 v 2 the other way v Blue D1 and Blue D2.

**Variations** 3 v 1 (only the D who passed the puck to F plays rush) 2 v 2 (last F makes tight turn to boards, stops, and returns to line) 2 v 1 1 v 1 (last 2 Fs make tight turn to boards, stop, and return to line) 1 v 2

Goalie Play line rush and secondary puck