



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