

## DT100 Transition Game with F Backchecking x 2 Dukla

### Key Points:

The original attacker backcheck and tie up the attacker stick if there is a shot.

Great game to work on speed in the attack and good defensive habits.

### Description:

D100 Full Ice x 2 (In this practice there are 2 games happening at the same time with 4 goalies and 2 groups. It is a Czech U20 practice)

1. Start by attacking 1-1.
2. New player give passive support above circles.
3. On breakout pass to supporting player while original attacker backcheck.
4. Supporting player can take away the puck if it comes above the circles.
5. Backcheck hard and tie up the stick on rebounds.
7. Battle for loose pucks.
8. Backchecker make sure there is no second shot and goalie clear the rebound.

This is a great way to practice back pressure quick ups to the forward, taking sticks in the slot, attacking quickly. It is a core game that I like to play the day before a regulation game because it reviews so many good habits.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821114214589>

