

B5 Regroup and 1-1

Key Points:

Quick feet, face the puck. This is a drill that Stanislav Barda from the Czech Republic used a lot.

Description:

1. F get a pass from a F in the circle.
2. F skate and pass to D1.
3. D1 pivot and make outlet pass to F
4. F skate and pass to D2
5. D2 slide hard to middle
6. D2 pass to F
7. F attack 1-1 vs D1
9. Same on other side vs other net
8. D2 replaces D1; D3 replaces D2

It can also be done as a 2-1

