

B202 - Regroup Progression 1-0 - 2-0 - U17

Key Points:

Attack with speed, give a target, follow the shot for a rebound, hit the net, face the puck, pass hard.

Description:

1. Start facing each other from behind the blue lines.
2. A pass to B and C pass to D.
3. A-C follow the pass then open pivot for a pass from B-D and shoot at the original end.
4. A-C follow the shot for a rebound and then rebound for C-D.
5. B-D pass to E-F and repeat the other way.
6. Change the drill so A and C skate to the boards and then across.
7. Now B pass to C and D pass to A who cut into the middle.
8. Switch to 2-0 at each end.
9. A-C pass to B-D who pass across to G-E.
10. A-C skate around the circle to the outside B-C cut through the middle after passing.
11. G pass to A and E pass to C.

* Options: after shooting, screen, rebound, give and go with next group, defend 1-1, 2-1, 2-2.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150820111520857>

<https://youtu.be/HqSl4lvf5vQ>

