

B600 - 1-0 Regroup x 2 – Pro

Key Points:

Give a target and face the puck. Pass flat firm wrist passes. Defense keep skating with the puck.

Description:

1. Forwards start from diagonal blue lines and D are in the middle.
2. F1 pass to D1 and F2 pass to D2 in the neutral zone.
3. F1-F2 skate across to the far lane for a regroup pass.
4. D1-D2 pivot and make the regroup pass.
5. F1 pass to D2 and F2 pass to D1.
6. F1-F2 pivot for a regroup pass the other direction.
7. D1 pass to F2 and D2 pass to F1.
8. Coaches pressure F1-F2 at each end as they cross the blue line.
9. F1-F2 shoot, follow the shot, then rebound for F3-F4.
10. Switch to a 2-0 double regroup with F1-F3 regroup with D1 then D2 and attack 2-0.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170411113837997>

<https://youtu.be/L06Yaz1IrtQ>

