

B600 - Regroup - Delay - D Jump In x 2 – Pro

Key Points:

Do this as an Overspeed drill with full intensity skating, shooting. Pass hard, follow the shot for a rebound, hit the net.

Description:

1. Defense and forwards start from diagonal corners and leave on the whistle.
2. F1's pass to D1's then swing behind them to the far wing.
3. D1's skate up to the red line then back and pass to F1's and follow the rush.
4. Coach pressure F1 who delay and pass to D1.
5. D1's attack the net and shoot.
6. Do this drill from both sides.

*After shooting the D could pressure the next forward instead of a coach.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150518100916897>

<https://youtu.be/nkxSj7VVZv8>

