

B600 D Regroup x 2 Point Shot - Pro W

Key Points:

Face the puck. Give a target. Defensemen keep skating all the time. Pass hard. Shoot, rebound then screen.

Description.

1. Forwards start from the four blue lines and defense at opposite blue lines.
2. Red F1 pass to Blue D1 and Blue F1 to Red D1.
3. D1's skate toward the red line for the pass.
4. Both D1's skate back toward the blue line then up ice to pass.
5. Blue D1 pass to Blue F1 and Red D1 to Red F1 who skate in for a shot.
6. D1's skate back and repeat getting a pass from F2 on the other side.
7. D1's follow the attack to the blue line and get a pass from F1 or F2.
8. D1's shoot from the point and F1-F2 screen.
9. D2's repeat with F3-F4's.
- 10.

**Alternative is to have the red and blue forwards switch starting points then start skating, pass, pivot and get a return pass before skating down for a shot.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150518095310753>

<https://youtu.be/HtBU5t6-hnl>

