

C3 - Double Regroup - 2-1 - Russian U20

Key Points:

Quick passing. Gain speed skating in arcs. Follow the shot for a rebound. Stop at the net and only make one pass in the offensive end.

Description:

1. F1-F2 leave and regroup with D1.
2. F1-F2 make a second regroup with D2.
3. F1-F2 attack 2-1 vs. D1.
4. F3-F4 leave and regroup with D2.
5. F3-F4 make a second regroup with D3.
6. F3-F4 attack 2-1 vs. D2.
7. Continue this flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150816230457692>

<https://youtu.be/Ez8-vhYqB2k>

