

B4-B6 - Regroup x 4 – 1-0, 2-0 – Pro

Key Points:

Defenseman must keep skating and pivot from backward to forward. Forward give support on the wall with a target. Everyone on the ice move the pucks. Forwards rebound for the next shooter on the 1-0 and go to the net after passing to the D on the 2-0.

Description:

1. Defense in the middle with pucks, forwards in the four corners and coaches at the blue lines.
2. Option one; D1's skate backward with the puck from both ends of the circle.
3. F1's from diagonal corners skate up to the red line and open up for a pass from D1.
4. Coaches give passive pressure at the blue line so F1 fake inside then go wide and shoot.
5. F2's leave on the whistle from the other diagonal corners and repeat with D2's.
6. Option two; coach or a player one touch pass to D1 while he skates back then repeat.
7. Option three; coach flip the puck high to D1 as he skates back and gloves the puck in front.
8. Coaches give up the blue line and deny wide entry. F's read this and cut to the inside.
9. Option four; D's join the rush, coach pressure wide, F's delay and pass to D who takes the shot.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=2&s=20170718113933724>

<https://youtu.be/nZY10MzurHM>

