

C3 - Goalie Pass - 3-0 RG - 2-1 – Pro

Key Points:

Shoot the puck in for the goalie to handle from both sides and mix up rims and direct shots on the net. One forward support the D on the regroup on the strong side and the other in the middle. Attack 2-1 with speed and the principle: 'One high one low, one fast one slow.' Defense keep the play to one side and slide outside the post if the puck carrier goes past the dot.

Description:

1. Players line up on both sides in the neutral zone.
2. Coach at each blue line shoot the puck in or else either F1 or F2.
3. Goalie stop the rim or shot and make a pass to the D.
4. Breakout 3-0 with D1-F1-F2.
5. D2 follow the play to the blue line and skate backward.
6. F1-F2 regroup with D2.
7. D2 skate and make a pass to either F1-F2.
8. F1-F2 attack 2-1 vs. D1.
9. D2 go back for a pass from the goalie at the other end.
10. Repeat with D2-F3-F4 and D3 follow.

**This same flow can be done 1-1, 2-1, 2-2, 3-2.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170720104535954>

<https://youtu.be/fA8ccMWjGAw>

