

T2 Low 2-1-Regroup 2-1 x 2 – Pro

Key Points:

Quick up on the regroup and only go D to D if there is no play. Pass hard and one forward post up while the other give a target in the middle lane.

Description:

1. Start with the D at the blue lines and forwards in each corner.
2. F1-F2 attack with a low 2-1 vs. D1 while D2-D3 follow to the blue line.
3. Whistle and coach spots a puck on one side for a regroup.
4. D2 pick up the puck and make a quick pass up to F1 or F2.
5. F1-F2 attack 2-1 vs. D1 while D2-D3 follow.
6. Whistle and coach spots a puck on the other side for a regroup.
7. D3 quick up to F1 or F2 who attack 2-1 vs. D1.
8. Repeat at the other end with F3-F4 attacking D4 and D5-D6 following the play.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170809103833999>

<https://youtu.be/9po8Lmt-6wU>

