

T2 - C2 -Regroup 5-2 x 2 - Low 3-2 – Pro

Key Points:

D move the puck up quickly and only do a D to D if the quick up is taken away. Forwards support from all three lanes facing the puck and giving a target. Attackers create a 2-1 vs. one D and attack with 4 players.

Lloyd Percival called 5-2 the Magic Drill.

Description:

1. Coach spot a puck inside far blue, D blue to red and back, F red to blue and back.
2. D1-D2-F1-F2-F3 regroup and attack vs. D3-D4.
3. On the whistle go back and regroup again and repeat the 5-2 attack.
4. On the whistle coach spot a puck in the corner and start a new 3-2 attack from there.
5. F4-F5-F6-D5-D6 repeat and attack vs. D1-D2.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170824112218978>

<https://youtu.be/d3V6pgUq-sl>

