

C3 - 1-0, 2-1, 4-2 Sequence – Pro

Key Points:

Coach explains the drill on the ice without going to the board. Attack with speed and be sure to get a shot on each rush. Make a competition by keeping score red vs. white. D make a tight turn on the regroup and keep skating before passing.

Description:

1. F1 regroup with D1 and attack 1-0.
2. F2-F3 cross and drop at the blue line and attack 2-1 vs. D1.
3. F1 comes back into the zone and joins F2-F3 attacking vs. D2-D3.
4. D1 joins the attack making it a 4-2.
5. Repeat the sequence. F4 regroup with D4 and attack 1-0.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20200326043538114>

https://youtu.be/6Vjf_BSQWjw

