

B6 Regroup-Breakout-2-0 x 2 – Pro

Key Points:

Face the puck, give a target, pass while skating, shoot while skating, follow shot for a rebound.

Description:

- A. 1 skate and pass across to 2.
- B. 2 pass to 3 at the far end.
- C. 3 skate and regroup with 2.
- D. 2 pass to 1 and 1-2 attack and shoot.
- E. Repeat the other way; 4 pass across to 3.
- F. 3 regroup with 5 at the far end.
- G. 5 pass to 3.
- H. 3 and 4 attack the opposite end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141124101203829>

<https://youtu.be/lcbw6aL-cal>

This is a really good drill and a coach could create many options using the same flow.

