

C3 - Dump-Breakout 3-0-Regroup-2-1 - Continuous – Pro

Key Points:

Defense should check when going back for the puck. One forward support on the boards and the other from the middle. D skate to the big ice between the dots before passing.

Description:

1. F1 or F2 dump the puck in and D1 skate back for the puck.
2. D2 follow the play.
3. D1 make a breakout pass to F1 or F2 and follow.
4. F1 and F2 regroup with D2 in the neutral zone.
5. F1 and F2 attack 2-1 vs. D1.
6. F3 or F4 dump the puck into the far end and D2 skate back for the puck.
7. F3 and F4 regroup with D3 in the neutral zone and attack 2-1 vs. D3.

• Continue this flow.

• Vary the number of F from 1 to 3 and use either 1 or 2 D to create more game recognition situations.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140905093348590>

https://youtu.be/OF4ofl4I_SQ

