

T2 Defensive Zone Face-off - Breakout 5-2 Attack - Regroup 5-2 Attack – Pro

Key Points:

Everyone be ready for a scrambled draw, loss or a clean wing. Winger get to the boards and up against the D quickly. Pass hard.

Description:

1. Defensive zone face-off win.
2. D1 pass to D2.
3. Wings get open along boards and centre mirror the puck.
4. D2 pass to C or W.
5. Attack 5 on 2.
6. Regroup with a new puck in the neutral zone on the whistle.
7. Attack 5 on 2 again.
8. Repeat with a new group of 5 vs. the original offensive D.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2015010311105597>

<https://youtu.be/Gc4ZSchcUck>

