

C3 - Double Regroup 3-2 Pro W

Key Points:

Snap the puck around with hard accurate passes and then regroup with each D. Work on passing to the middle into the 'Big Ice' where there are more options. Practice everything with speed.

Description:

1. Start with 3 forwards and two sets of D in the neutral zone.
2. Pass the puck between the 3 F and 2 D until the whistle.
3. Regroup with both sets of D.
4. Attack the original D 3 on 2.
5. 3 new F's pass with 2 D who were on the ice while the 2 new D come on.
6. Regroup with original 2 D on the whistle then again with the other D.
7. Focus on passing to the middle to start the attack.
8. Attack with speed and focus on the middle drive and not the slower trailer play.
9. New group start passing around while the 3 on 2 is played out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131119154718331>

<https://youtu.be/mcfWFyKBSV0>

