

## T2-4 - C3 5 on 2 Breakout-Turn-over, Regroup 5 on 2 – Pro

### Key Points:

Simulate turn-overs and neutral zone regroup. Attack and regroup with speed. Always face the puck, give a target and continue moving.

### Description:

1. Coach shoot the puck in.
2. Break-out 5-2.
3. Simulate turn-over and pass to a defender.
4. Simulate another turn-over and defender pass to an offensive D.
5. Attackers regroup in the neutral zone.
6. Attack 5-2.
7. Repeat with D3-D4 breaking out with 3 new forwards.

\*Add intensity by giving 10" for the attacking 5 players to score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131028133926329>

<https://youtu.be/s6oqfaAQN5k>

