

C3 Double Regroup 2-1 - Pro

Key Points:

Give a target for the passes, face the puck, pass while skating, make the first pass early on the 2-1, D co-operate with the goalie to make it a 2-2 and don't allow a second play late. D slide outside the post if a pass across is the only play.

Description:

1. Players line up along the boards on both sides in the neutral zone.
2. Start with F1 and F2 one touch passing with D1.
3. F's skate through the neutral zone and regroup with D2.
4. F's attack 2 on 1 vs. D1.
5. F3 and F4 repeat by one touch passing with D2 and regrouping with D3.

*If there are at least 8 D you could use this sequence and have two 1 on 1's at the same time in opposite directions.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131025152134950>

<https://youtu.be/D1iqCvvKliA>

