

C3 Low 2-2-Regroup-2-2 and 3-2 Pro W

Key Points:

Forwards use quick give and goes, protect the puck. D communicate, play the 2 on 2 man on man and the 3 on 2 with one 2-1 and one 1-1.

Description:

1. Start with 2 D on each blue line and the F's in the corners.
2. Both D go into the zone and defend a 2-2 vs. the forwards out of each corner.
3. Coach spot a puck for the 2 D in the neutral zone and the original forwards regroup with them.
4. Original D follow and defend the 2 on 2 attack.
5. The second set of D go to the other end and restart the sequence defending a 2 on 2 out of the corner.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131005160127754>

<https://youtu.be/2nTmO49bpG8>

