

## T2-C3 Breakout-Double Regroup 5 on 2 – Pro

### Key Points:

Face the puck and time movement with the play. Fill the three lanes and get to the Big Ice in the neutral zone if possible. Attack with a middle drive if D have a good gap.

### Description:

1. Coach dumps puck in.
2. Blue team breaks out.
3. Blue regroup with Red D.
4. Red D simulate a neutral zone turn-over and pass to Blue D.
5. Blue regroup in neutral zone.
6. Blue attack Red D 5 on 2.
7. Give 10" from the start of the regroup for Blue to score.
8. Sprint out of the zone on the whistle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130804170228167>

[https://youtu.be/27YXsDj\\_WW4](https://youtu.be/27YXsDj_WW4)

