

C3 - 3-2 and 5-2 With Regroup In Neutral Zone - RB Pro

Key Points:

On the regroup fill the 3 lanes facing the puck. Always give an outlet on the strong side.

Description:

1. Attack 3-2 with passive support above circles.
2. During play or on the coaches whistle pass to support.
3. Attacking D follow the attack in the neutral zone making a 5-2.
4. Before crossing blue line or on the coach's whistle regroup in neutral zone.
5. Enter the offensive zone 3 on 2 and repeat with new support.

Alternative:

This becomes a transition game if only one puck is used and the defenders pass to the players giving passive support. The players can decide when to regroup or the coach can whistle.

<https://youtu.be/zDBrUjOIUbM>

