

C3 - Continuous Regroup 4-2 - RB Pro

Key Points:

One D join the attack and one D stay back. Forwards create a 2-1 vs. one of the D. Attack with a middle drive and cycle in a triangle.

Description:

1. Players leave from both sides in the neutral zone.
2. F1-F2 regroup with D1-D2.
3. Attack 4-2 versus D3-D4 and play until the whistle.
4. F3-F4 regroup with D5-D6 and attack 4-2 versus D1-D2.
5. Continue this flow.

** If D1 moves in from the point then D2 slide back. Always one D up in the play.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20150627152757833>

<https://youtu.be/C-eZ-5KSj5o>

