

T2 - 3 Shots - 4 Regroups – Pro

Key Points:

Extra players are on the bench and 3F-2D on the ice. Do this sequence from both sides. Defense hinge on D to D and stagger one higher wide and one in the middle. Everyone face the puck, give a target with the stick on the ice.

Description:

1. Start with 3 F taking one shot each from the top of the circles 2 D's at the point.
2. Coach spot a puck at the far blue line and everyone skate out for a regroup.
3. Regroup One: D to D to wing anchoring on the boards.
4. Regroup Two: D-D-C.
5. Regroup Three: W-C Switch D-D-C on the far W.
6. Regroup Four: W-C Switch D-D-W cutting through the middle.
7. Group A go to the bench and repeat with group B.

** Always have a F anchor on the strong (puck) side boards.*

** F on far W don't skate inside the dots until you see the middle F skating into your lane.*

** Attack with a middle drive.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20140706173524927>

5-0 with 3 Regroups

<https://youtu.be/0oXB22ge1Uk>



