

T2-4, 3-0, 3-2, NZ Regroup, 5-2, 3-0 Forecheck - Pro

Pro Key Points:

Two forwards stretch to the far blue line on the regroup. Everyone face the puck at all times and give a target. Defense play tight gaps.

Description:

1. Three forwards and two defense start in the neutral zone.
2. Forwards skate back into the slot and get a puck from the coach.
3. Attack 3 on 2 with a middle drive.
4. On whistle regroup in the neutral zone with two new D.
5. Attack 5-2 vs. the original two D.
6. On whistle F1-F2-F3 skate down to the far end for a puck in the corner.
7. Simulate forecheck F1 on puck, F2 mid slot, F3 strong side high boards.
8. Cycle and shoot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150103005611544>

<https://youtu.be/qWB5RdFI4jY>

