

## B600 Regroup x 2 x 2 – Pro

### Key Points:

Give a target and face the puck. Do everything while skating.

### Description:

- A. 1 skate to the middle lane and circle back and exchange the puck with 2.
- B. 2 pass up the boards to 3.
- C. 1 get open on the boards for a regroup pass from 3.
- D. 1 skate in and shoot.
- E. 1 Circle back and rebound for the next shooter.
- F. 3 repeat the other way exchanging the puck with 4.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141104102555841>

<https://youtu.be/EkyHySJ3UYo>

