

C3 - Breakout - 1 on 1 – Regroup - RB Pro

Key Points:

Forward give a target for the pass. D drive skate behind the net then close the gap as quickly and tight as possible.

Description:

1. D1 pass to D2 on the whistle.
2. D2 drive skate behind the net and pass to F1.
3. F1 skate around the middle circle while D1 close the gap to defend.
4. F1 attack vs D1 and try to score.
5. If coach blows the whistle F1 skates around the entire circle then attacks.
6. D1 has to adjust his skating to keep a tight gap.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823124422369>

C3 Breakout and 1-1 then Regroups - RB Pro

<https://youtu.be/110uP1kQh0>

