

C3 - Shoot - Breakout - Regroup - 2 on 1 - Pro

Key Points:

Good drill with only one goalie and few players. It could go both ways with more players. Face the puck, give a target, follow shot for rebounds.

Description:

1. F1 skate in and shoot.
2. D1 drive back of the net and pass to F1 or F2.
3. F1 and F2 regroup with the D2 at the other end.
4. F1 and F2 attack 2 on 1 vs. the original D1.
5. D1 rotate to the regroup line and D2 to the breakout pass line.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110309071019400>

<https://youtu.be/NdOQzgveCVE>

