

C1 - Regroup-Stretch Pass - RB U17-20

Key Points:

Insist on good habits. Face the puck, give a target, time the stretch for when you are sure the D can turn up ice.

Description:

1. F pass to D on each side of the ice.
2. D skate back with the puck and tight turn up ice.
3. F time support and stretch when D has full control and toe caps up the ice.
4. D pass to F.
5. F rebound for the next shooter.

*Alternative: After passing D play a defensive 1-1 vs the forward on the other side.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090901074922525>

<https://youtu.be/JgmlfkK-60g>

