

C3 Breakout to 2 F's and attack 3-1- RB Pro

Key Points:

One D must join the rush to the 60% scoring area inside the top of the circle. Get shots and fight for rebounds.

Description:

1. Blue F1, F2, D1 attack 3-1 vs red D2.
2. On whistle Red D2 get a new puck and pass to red F3 or F4 and join the attack vs blue D3.
3. Continue the rotation with the defending D making a breakout to forwards giving passive support from the high slot area.
4. Add a forward to make it 4 on 1 or a D to make it a 4 on 2 attack.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090728110104331>

<https://youtu.be/afJYS9fuKCA>

