

C3 - Breakout 5-2, Regroup, Attack 3-2 – RB Pro

Key Points:

Players wait along the boards in the neutral zone in C3 Formation. Forecheckers go to one D each and react to D to D pass or double team. Goalie must help D by talking.

Description:

A.

- Coach dumps the puck in.
- 2 D and 3 F breakout vs 2 forecheckers.

B.

- F's turn back at the red line.
- F's attack 3-2 vs original D.
- FC's return to lineup.

- I add a regroup with the other 2 D in the neutral zone then attack 3-2

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090728110106210>

C3 Breakout Regroup Attack 3-2 - RB Pro

https://youtu.be/Kgh_Gjv3ZBc

