

T2 - B6 D to D Hinge and Switch - Pro W

Key Points:

Pass back to the coach after each one of these sequences. Coach should pass to one player and after the sequence get a return pass then pass to the other player. This is a controlled breakout after a regroup or any situation with only one forechecker.

Description:

1. Coach in the neutral zone pass to a player coming from the corners.
- A. Player skates to mid ice and passes to partner who hinges wide and up ice.
- B. Player skates to wide lane and pass to partner who supports in mid ice behind.
- C. Player skate to middle, pass wide, get return pass in middle.
- D. Player skate to middle, partner skate behind for a pass and switch sides. From there any of the other options.

*Pass back to the coach after each of these exercises and then add players who regroup with D.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110407093426412>

https://youtu.be/ISrR_VShA-M

