

## B4 1-0, 2-0 Regroup x 2 - U16

### Key Points:

Face the puck, give a target, timing so you don't have to stop. Always follow the shot for a rebound. Shoot to score.

### Description:

1. F1 pass to D1 and give wall support.
2. D1 pivot to the inside and pass to F1 or F2.
3. F1 or F1-F2 skate to the other side.
4. F1 or F2 regroup pass to D2 and support on wall and middle on 2-0.
5. D2 pivot and pass to F1 or F2.
6. F1 or F1-F2 attack and shoot.
7. Follow the shot for a rebound.

### Options:

- screen or rebound for the next shooter.
- challenge next attackers and defend 1-1, 2-1 or 2-2.
- attack vs opposite coloured D and D rotate in to fill for defending D.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110811072034882>

<https://youtu.be/W1c4jQ4PfYY>

