

DT400 - 2-2 Regroup and RG x 2 Passive Support - U15 B

Key Points:

New players give defenders support from the top of the circles as if they were wingers. If the puck is carried above there they can check them and break out of the zone.

Description:

1. Red 1-2 attack Blue 1-2.
2. Blue 1-2 defend.
3. Pass to Blue 3-4 after a turnover or goal.
4. Blue 3-4 breakout the other direction.
5. Red 1-2 follow the play as defenders
6. Blue 3-4 regroup with Red 3-4.
7. Red 3-4 hinge at least once.
8. Red 3-4 pass to Blue 3-4.
9. Blue 3-4 attack vs Red 1-2.
10. Red 3-4 follow attack to support Red 1-2.
11. Blue 5-6 move to nzone ready to regroup with Red 3-4.

Continue this rotation of support-regroup-hinge-attack-defend.

<https://youtu.be/dw3o3ZHv7rg>

