

B6 - Chaos NZ Overspeed with Regroup - Pro

Key Points:

Players skate as fast as possible weaving through each other in the middle. Try various moves and dekes with the head up. Whistle about every 7 seconds.

Description:

1. Players line up against the boards at the top of the circle.
2. On the whistle skate into the nzone and make moves at top speed.

Options:

- A. Skate in and shoot then rebound.
- B. Skate to far blue line then in and shoot.
- C. Pass to opposite line then skate and shoot.

Other options:

- 1-Circle back for rebound.
- 2-Give and go with a player on the goal line.
- 3-Defend 1-1 vs. the next second shooter.
- 4-Screen and tip for next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109101355159>

<https://youtu.be/LEqz1lvw6X0>

