

C300 - Breakout, Double Regroup 5-2 Back Hard - Pro

Key Points:

Do everything at full speed. Get to the big ice and pass wide. Face the puck always and give a target. D must read where the forecheck pressure comes from. Attack with 4 in the scoring area.

Description:

1. Extra players wait on the bench.
2. Dump the puck in and either two coaches or extra players forecheck.
3. Blue D go breakout with Blue Forwards then forecheckers leave.
4. Blue forwards pass to Red D in the neutral zone.
5. Red D regroup and pass to the Blue D.
6. Blue D hinge and regroup with the Blue Forwards.
7. Blues attack 5-2 vs. Red D with one D joining the rush.
8. Race back to the middle circle on the whistle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130201153051369>

<https://youtu.be/OtSIYSE2ox0>

