

C3 Regroup 2-1 Regroup 3-2 - Swiss U20

Key Points:

Face the puck and do everything while skating. Hinge either out on inside or D switch sides.

Description:

1. Blue F1-F2 Regroup with Blue D1-D2.
2. Blue F1-F2 attack 2-1 vs. Red D1.
3. Blue F3 pass to Blue D1 or D2 who hinge and regroup with Blue F1-2-3.
4. Blue F1-F2-F3 attack vs. Red D1-D2.
5. Repeat the other way Red F1-F2 regroup with Blue D1-D2.

http://www.hockeycoachingabcs.com/filemgmt_data/C3%20Regroup%202-1%20Regroup%203-2%20Swiss%20%20U20.3gp

<https://youtu.be/Wzo7jF4eFeY>

