

C3 Low 2-2 Regroup in Neutral Zone 3-2 - Pro W

Key Points:

Attack with speed and fight for a quick scoring chance. Defend one player each and on the 3-2 one defender play a 2-1 and one cover 1-1.

Description

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Part A

1. F1 attack D1 from one corner and F2 and D2 support from the other corner.
2. Play a 2-2 until the whistle.

Part B

3. Regroup with D3 in the neutral zone and attack 3-2.

Part C

4. Repeat at the other end on the whistle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013091114135082>

<https://youtu.be/2nTmO49bpG8>

