

C3 Regroup 2-2 or 3-2 - Pro

Key Points:

Attack with speed. On a 2 on 2 isolate one D and create a 2 on 1. Always face the puck and give a target.

Description:

1. Forwards leave from the hash marks and D from the far blue line.
2. F1 and F2 start with the puck and regroup with D1 or D2 in the neutral zone.
3. D1 and D2 hinge and then pass up to F1 or F2.
4. F1-2 turn back at their blue line and attack 2-2 vs D1 and D2.
5. D1 and D2 follow F1-2 and keep a close gap in the nzone.
6. Play out the rush until a goal, frozen puck or pass to D at the blue line.
7. Repeat the other way with F3-4 regrouping and attacking vs. D3-4 the other direction.
8. Add a forward and do the same drill 3 on 2.

