

C3 - 5-3 Regroup x 2 - Turn Back - Attack 3-2 - Pro W

Key Points:

F's give a target and face the puck. D's hinge and drive skate with the puck. Create a 2-1 on offense. Fight for rebounds. D control sticks in the slot and deflect attack.

Description:

1. Two D start at each blue line.
2. F1's regroup with D1's.
3. F1's regroup with D2's.
4. F1's turn back before crossing the blue line.
5. F1's attack 3-2 vs. D1's.
6. D3's replace D1's.
7. Repeat with F2's regrouping with D2's.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131210162626452>

https://youtu.be/eYnkaB_dOH8

