

B200 - Regroup x 3 and 5 Shots - U18

Key Points:

Face the puck, give a target, do everything while skating, firm passes, hit the net and follow shots for rebounds.

Description:

- 1 – Coach pass to a F who regroups with a D to start a 5-0 regroup.
- 2 – D hinge and pass up to a forward who head mans the puck and that F goes in for a shot.
- 3 – Coach pass to F who regroups and D hinge and pass up F to F who attacks and shoots.
- 4 – Coach pass to F, regroup, hinge and up to third F who attacks the net and shoots.
- 5 – Coach place puck for wide D who skates to line and takes a point shot.
- 6 – Coach place another puck for the last D to pick up and take a point shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140821092948395>

<https://youtu.be/4p8IKvtGTL8>

