

B600 - Regroup with D 2-0 x 2 – Detroit

Key Points:

No need for whistles as the players can see when to start. Face the puck, pass hard, give targets, shoot and follow the shot and stop at the net.

Description:

1. Forwards and defense leave from diagonal four blue lines.
2. F1 at each end pass back to D1 and mirror D1.
3. D1 skate across and pass up the far wing to F2.
4. F1 and F2 attack the net from both ends.
5. Start at the other diagonal blue lines and F3 pass to D2.
6. F3 mirror D2 across the ice and attack 2-0 with F4.
7. Keep this rhythm alternating sides.

** Option: Have the D join the rush and get a trailer pass. If there is a group less than 18 you may want to go one group at a time and then the D could join and get a pass from the corner to shoot while F's screen.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014100209062168>

<https://youtu.be/h1lyhcQg3qc>

