

## T2 - Regroup 5-0 Middle Drive – Pro

### Key Points:

Everyone joins the attack. First player without the puck go to the net hard. Next two create a reverse triangle. 4th and 5th attacker join the rush.

### Description:

1. Players line up on one side in the neutral zone.
2. Start with a forward passing back to a defenseman.
3. Forwards fill the three lanes.
4. Go D to D and pass up to the forwards.
5. Attack with all five players.
6. Next group of 5 repeat the other way when the rush crosses the blue line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141216105644494>

<https://youtu.be/HSScG-jBmio>

