

## C3 Breakout-Regroup 1-1 to 3-2 - Pro

### Key Points:

Alternate between a single and a double hinge. Implement a stretch into the breakout. Add up to 2 D and 3 F.

### Description:

1. Blue F and Red D at one blue line - Red F and Blue D at the other.
2. Blue F1 Start with a shot or rim the goalie must handle and set up for the Red D1.
3. Red D1 make a breakout pass to the Blue F1.
4. Blue F1 skate through the neutral zone and regroup with the Blue D2.
5. Blue F1 attack vs. Red D1.
6. Red F2 shoot the puck in.
7. Blue D2 skate back and make a breakout pass to Red F2 who regroups with Blue D3.
7. Continue this flow 1-1, 2-1, 2-2, 3-2.

*I moved the starting point up to the blue lines and added a dump-in or a long shot to start a drill. It causes the goalie to handle the puck and set it up for the D.*

C6 - Low Breakout - Regroup - 2-1 - Pro

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141119103710146>

[https://youtu.be/D\\_jBp1tLprE](https://youtu.be/D_jBp1tLprE)

