

B600 - Tomas 2-2 NZ RG-Forecheck - U18 M

Key Points:

This is a great video of the Tomas Neutral Zone Continuous Regroup. Tomas Pacina a Czech coach who spent a lot of time in Calgary and has worked with numerous NHL and National teams from various countries. These skills transfer directly to games situations. You can add D to D, D scissor etc. as well as have 1-3 or 3 F.

Description:

1. D1-D2 pass to F1-F2.
2. F1-F2 regroup with D3-D4.
3. F1-F2 forecheck vx. D3-D4.
4. F3-F4 support D3-D4.
5. D3-D4 make a regroup pass to F3-F4.
6. F3-F4 now regroup with D5-D6 and forecheck.
7. Continue the regroup and forecheck sequence.

** Add dump in, breakout with a low 2-2 where the attackers forecheck to get the puck and score.*

** Use one or two D and from one to three F. A great way to practice quick regroups and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.*

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<https://youtu.be/CxFA8EQIYeQ>

