

T2 - B600 - 1 F - 1 D - Tomas RG-Forecheck - Shoot - U17 M

Key Points:

Continuous drill with D hinging and regroup with a supporting F who passes to the other D and then skates into the offensive zone, gets a pass from the coach and shoots.

Description:

1. F1 leave with a puck and pass back to D1.
2. D1 hing with D2.
3. D2 pass up to F1 supporting up ice.
4. F1 pass to D3 and forecheck D3.
5. Coach pass to F1 who skates in for a shot.
6. F2 repeat the other way regrouping with D2-D3.
7. Continue flow of regroup, forecheck, shoot and D rotate taking turns.

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<https://youtu.be/3E8omdC5ldM>

