

C600 - Neutral Zone Regroup - Attack 3-2 - U15 G

Key Points:

Players line up on each side, blue D with R forwards and at the other end R forwards with B defense. Start by F's weaving thru neutral zone passing and then regroup with their own D. D hinge and pass up to the forwards and follow the play up the ice. Three new forwards follow and regroup with two new D and attack the original D 3-2. Follow this flow end to end.

You need at least 8 D and 12 F for this drill. Use the same flow with less players i.e. Regroup with 2 F and attack 2-1.

Description:

1. Red forwards 1-2-3 weave passing puck thru neutral zone.
2. Red forwards regroup with the red D 1-2.
3. Red D hinge and pass up to the forwards.
4. Red F attack 3-2 vs two blue D.
5. Two new blue D 5-6 step out.
7. Red D 1-2 follow the attack into Nzone.
8. Three Blue forwards follow and weave thru nzone passing to each other.
9. Blue forwards 4-5-6 regroup with blue D 3-4.
10. Blue forwards attack 3-2 vs Red D 1-2.

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<https://youtu.be/IGyeY2vnjD8>

