

## B6 3-0 Weave With D Regroup

### Key Points:

- Skate with the puck to the big ice between the dots and then pass.
- Pass and follow your pass.
- Stay wide until you get the pass.

### Description:

1. Half the forwards at each end in three lines behind the goal line with the D waiting at the bluelines. Whites at one end and Blues at the other.
2. Middle player start by skating toward the strong side and pass to the wing and follow the pass skating behind the new puck carrier.
3. Wing skate to the big ice between the dots and pass to the far wing then follow the pass.
4. Wide wing skate to the big ice and pass to the original centre who is now in the opposite wide lane.
5. The D is skating backwards thru the middle zone and the puck is passed back to him for a regroup the other direction.
6. On regroup one player supports on the strong side boards, one mirrors the puck in the middle lane and one is in the wide lane.
7. D makes the pass and follow the attack into the zone.
8. The group at the other end leaves after the D passes up ice.

### Options.

- a. Add another D.
- b. Add a second regroup.
- c. Add a pass to the D for a point shot after the original rush.
- d. When 2 D are used you can use 2 pucks to create and overload situation and have the forwards take a shot followed by the D shooting the other puck.

