

## C1-C3 Double Regroup 2-1 - Danish U20

### Key Points:

Forwards face the puck and give a target . D pass while skating. Attack with speed on the 2-1, 'one high one low, one fast one slow.' D stay in the middle, deny pass across and breakaway and seal dangerous stick on the rebound.

### Description:

1. F1 and F2 regroup with D1.
2. Regroup with D2 on the opposite side and other end.
3. Attack 2-1 vs. D1.
4. F3 and F4 regroup with D2.
5. F3 and F4 regroup with D3 and attack 2-1 vs D2 at the opposite end.

*\*Repeat rotating in the other direction.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120426094706164>

<https://youtu.be/KAjwJZXXAa4>

