

T B6 D to D Hinge and Switch

Key Points:

Pass back to the coach after each one of these sequences. Coach should pass to one player and after the sequence get a return pass then pass to the other player. This is a controlled breakout after a regroup or any situation with only one forechecker.

Description:

1. Coach in the neutral zone pass to a player coming from the corners.

A. Player skates to mid ice and passes to partner who hinges wide and up ice.

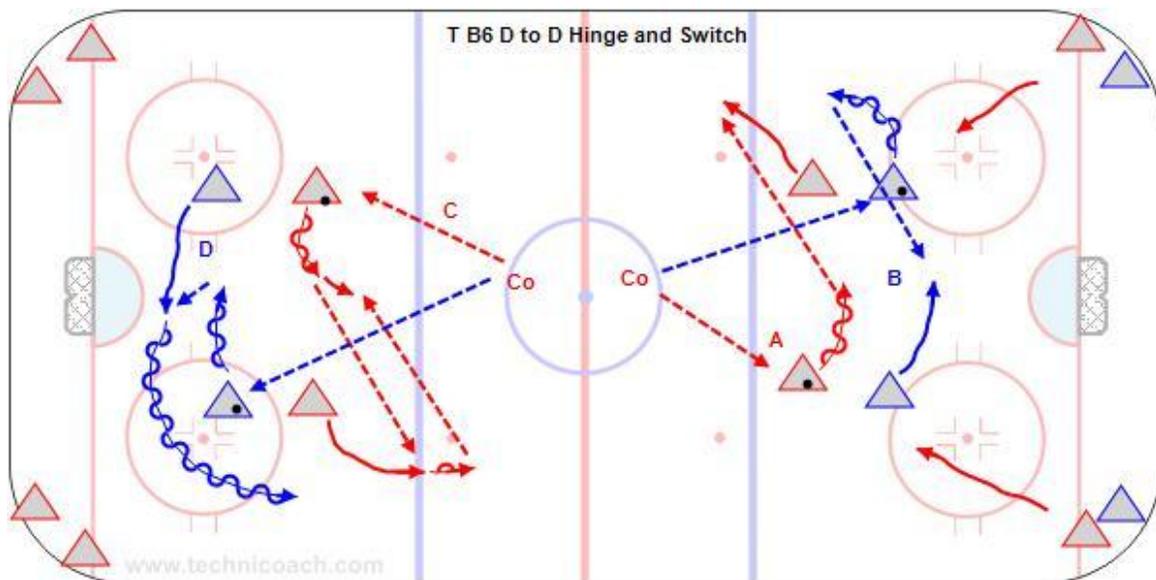
B. Player skates to wide lane and pass to partner who supports in mid ice behind.

C. Player skate to middle, pass wide, get return pass in middle.

D. Player skate to middle, partner skate behind for a pass and switch sides. From there any of the other options.

*Pass back to the coach after each of these exercises and then add players who regroup with D.

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