

C600 BO RG 2-1 – Pro W

Key Points:

Give a target, defense skate up ice before passing and then follow the play, on the regroup face the puck. Play out the 2-1 and an option is the D pass to a F waiting at the blue line if they get the puck.

Description:

1. Forwards at the 4 blue lines and D in the middle.
2. Start with one D at each blue line and two F's in the neutral zone.
3. Coach dump the puck into one end and D1-F1-F2 breakout.
4. F1-F2-D1 skate into the neutral zone.
5. F1-F2 regroup with D2.
6. F1-F2 attack 2-1 vs. D1.
7. Coach dump a new puck into the opposite end and D2-F3-F4 breakout.

** This sequence can be used from 1-1 to 3-2 situations.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150102195958782>

<https://youtu.be/SglRJ90ryV0>

