

C3 Regroup 2-1 Regroup 3-2 Swiss U20

Key Points:

Face the puck. Make the first play early so a second play is possible. Attack with speed. Crash the net for rebounds.

Description:

1. Blue F1-F2 Regroup with Blue D1-D2.
2. Blue F1-F2 attack 2-1 vs Red D1.
3. Blue F3 pass to Blue D1 or D2 who hinge and regroup with Blue F1-F2-F3.
4. Blue F1-F2-F3 attack 3-2 vs Red D1-D2.
5. Repeat the other way Red F1-F2 regroup with Blue D1-D2.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=77>

<https://youtu.be/Wzo7jF4eFeY>

