

B600 Double Regroup Options - D Join the Attack- U18 F

Key Points:

Regroup with each D and support from about a half zone away. Give a target and face the puck.
Pass hard and always give strong side wall support and middle support.

Description:

1. Blue F1 leave and pass to F2.
2. Cross and regroup with Red D1 and D2
3. Red D1 hinge and Pass to D2.7
4. Red D2 pass to Blue F1 or F2.
5. Blue F's regroup with Blue D1 or D2.
6. Blue D's hinge and pass to Blue F.
7. Blue F's attack the far net and the middle D join the attack making it 3-0.

<https://youtu.be/GFEmHZcE4Pg>

**Options: vary the amount of F up to 3 or D up to 2. Add a dump in instead of a second regroup to work on breakouts or even a forecheck.*

