

## B600 - Regroup, Hinge, Middle D Rush - Pro

### Key Points:

Middle D comes late as a second wave and lead the rush.

### Description:

1. F1 and F2 leave and regroup with D1.
2. D1 pass to D2 who hinges to the wide lane then pass back to D1.
3. F1 and F2 delay to stay onside while D1 crosses the blue line with the puck.
4. D2 support the attack from the mid point.
5. D1 pass or take a shot.

Repeat the other direction with F3 and F4 regrouping with D3 and D4.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201011280928188>

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<https://youtu.be/X9JIBNE9hk0>

