

B600 1-0 F Regroup with Both D x 3 - U20

Key Points:

Forward always give a target face the puck and call for the pass. Shoot and rebound for the next shooter. Coach could add give and goes and one timers with the original shooters. Could also add 1-1 or 2-1 with the 3rd player attacking vs original two F's.

Description:

1. F1 regroup with the D1 on the strong side and get a return pass up the boards.
2. F2 regroup with strong D1 who hinges to D2 and up to F2 mirroring the puck in the middle.
3. F3 pass to weak side D2 who passes D1 who hinges wide and then passes back to D2 in the middle and up to F3 who has mirrored the original D to D.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101212075342864>

<https://youtu.be/IRLwiYfbjZ8>

