

C3 - Breakout and Regroup Options - Sweden

Key Points:

Defense always skate when they get the puck and carry it in the triple threat position on the side.
Force the fore checker to commit and then pass away from pressure.

Description:

1. Go - Dump in, shoulder check both ways fake and go.
2. Reverse – Drive skate behind the net and put it back off the boards to partner.
3. Wheel – Drive skate around the net and cut up ice near the post to protect the puck.
4. Bank – D to D off the boards behind the net.
5. Hinge – D to D who takes the puck wide then passes back to his D partner in the middle.
6. Switch – D1 to D2 then D1 crosses behind and gets a drop pass from D2 who crosses in front.
7. Double Pass - D1 to D2 and back to D1 and up to the F.
8. Regroups – F's pass back to D who do the various D to D options and up to F's then the middle D join the rush.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722140657916>

<https://youtu.be/pkRCxb4eY2o>

