

C3 - Low 2-1 Regroup 2-1 x 2 - Pro

Key Points:

F2 either attack or pass to F1 coming up the boards. F1-F2 go hard to the net and D1 keep the puck to one side and work with the goalie to make it a 2-2. Attack with speed after the regroup with the principle; 'one high one low, one fast one slow.'

Description:

1. F1 pass from the blue line down to F2 skating up the boards from the corner.
2. Attack 2-1 vs. D1.
3. Whistle and coach spot a puck near the far blue line.
4. D2 go back for the puck and regroup with F1-F2.
5. F1-F2 attack 2-1 vs. D1.
6. D2 hustle back to the other end and defend a low 2-1 vs. F3-F4.
7. Alternate one end to the other.

**You could use this flow from 1-1 to 3-2.*

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20170820093919580>

<https://youtu.be/7j-ATh5ijRo>

