

C600 - 2-0 RG x 2 - 2-1 – Pro

Key Points:

Defenseman keep skating when they get the puck. One forward support in the middle lane and the other in the wide lane without crossing.

Description:

1. Player leave from the four blue lines and start with one D at each blue line.
2. F1 pass across to F2 who regroups with D1.
3. D1 pass to either F1-F2.
4. F1-F2 make a pass and then regroup with D2.
5. D2 pass to either F1-F2.
6. F1-F2 attack 2-1 vs. D1 and finish the play.
7. Repeat with F3-F4 regrouping then attack the other way vs. D2.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170204104554328>

<https://youtu.be/ODYdw3EpmVs>

