

C6 - Low Breakout - Regroup - 2-1 – Detroit

Key Points:

Do everything with speed. D skate between dots before passing. Attackers make the first pass early. A 2-1 is really a 2-2 with the defender and the goalie. Defender identify the most dangerous attacker.

Description:

1. D1 skate back and get the puck placed below the goal line by the coach.
2. D1 pass to F1 and follow.
3. F1 regroup with D2.
4. F2 join F1 and attack D1 2 on 1.
5. D2 go back and retrieve a new puck placed by the coach at the opposite end.
6. D2 passes to F3 who regroups with D3 and F4 join.
7. Repeat this flow.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20141119103710146>

<https://youtu.be/wBB7G8s0voM>

