C1-C3 Double Regroup 2-1 - Danish U20

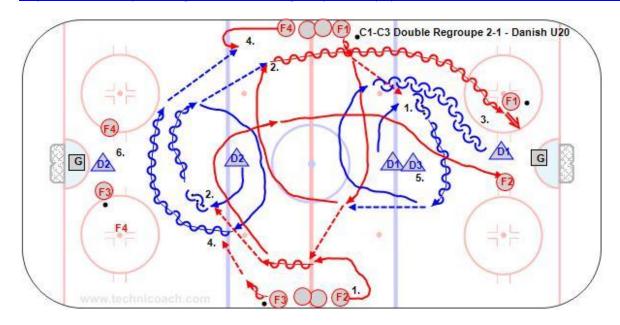
Key Points:

Forwards face the puck and give a target . D pass while skating. Attack with speed on the 2-1, 'one high one low, one fast one slow.' D stay in the middle, deny pass across and breakaway and seal dangerous stick on the rebound.

Description:

- 1. F1 and F2 regroup with D1.
- 2. Regroup with D2 on the opposite side and other end.
- 3. Attack 2-1 vs. D1.
- 4. F3 and F4 regroup with D2.
- 5. F3 and F4 regroup with D3 and attack 2-1 vs D2 at the opposite end.

http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120426094706164



^{*}Repeat rotating in the other direction.