

C3 Goalie Setup-Breakout-Regroup-2 on 1

Key Points:

Goalie stop and set up the puck then come back the same way. Forwards give a target and move through the neutral zone quickly.

Description:

1. Coach or player in line rim puck behind net.
2. Goalie stop and set up puck for D1.
3. D1 make a breakout pass to a F1 or F2.
4. F's regroup with D2 in defensive zone.
5. F1 and F2 attack 2 on 1 vs D1.
6. Repeat at other end with a rim and D2 breaking out F3 and F4.

*Alternatives: From 1 to 3 F's and 2 D can do this drill. Another regroup could be added.

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