B5 - Breakout x 2 Regroup - 3 Shots - Pro

Key Points:

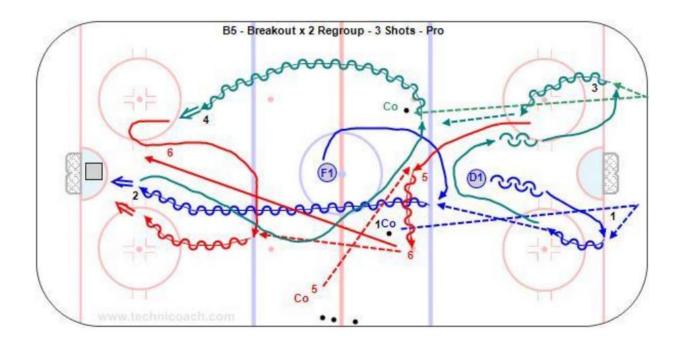
Shoulder check, skate between the dots, forward time to skate into the pass and give a target, pass while skating.

Description:

- 1. Coach dump the puck into the corner for D1 who passes to F1.
- 2. F1 attack and shoot at the far end.
- 3. Coach dump the puck into the other corner for D1 who passes to F1.
- 4. F1 attack a second time at shoot at the far end.
- 5. Coach pass to D1 near the defensive blue line.
- 6. D1 regroup and pass to F1 and join the rush.

http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141016091352784

https://youtu.be/a4eOOi6STrk



^{*} You could do this sequence up to 5-0.