

C2 Regroup 5-3 Regroup 5-2 - Detroit

Key Points:

Give support and the strong side boards, middle and weak side wall. F1 pressure the puck, F2 take away pass to strong side wing F3 read the play from middle and react. D2 covers the high slot attacker.

Description:

1. Forwards regroup with the D in the neutral zone.
2. All five attack vs. two D and one F.
3. After original attack the coach whistles and places a puck inside the far blue line.
4. D goes back for the new puck and start another rush versus the two original D.
5. Next group start the same sequence in the other direction.

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