

E1-C3 Goalie Passing-Regroup -1 on 1

Key Points:

Face the puck at all times and give a target. Forward shoot so the goalie can catch it and then make a pass.

Description:

1. D1 pass to the F who regroups with D2.
2. D2 pass to F who skates over the blue line and shoots so the goalie can catch the puck.
3. Goalie pass to D1.
4. D1 pass to F and follow the attack.
5. F attack vs. D2.
6. If D2 breaks up the rush then attack vs. D1.
7. Blue group repeat on the other side in the opposite direction when the attack is finished.

*With a large group this could be done from both sides at once and with 2 F's.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090820172447304>

