

C3 - Double RG - 2-1 - Pro

Key Points:

Quick feet, face the puck with a target, support on wall and in middle, attack with speed. Defender cut the ice in half and deny the weak side.

Description:

1. Blue F1 leave and pass to F2.
2. Cross and regroup with grey D1 and D2
3. Grey D1 hinge and Pass to D2.
4. Grey D2 pass to Blue F1 or F2.
5. Blue F's regroup with Blue D1 or D2.
6. Blue D's hinge and pass to Blue F.
7. Blue F's attack the far net vs either zero, one or two D.

**Options: vary the amount of F up to 3 or D up to 2. Add a dump in instead of a second regroup to work on breakouts or even a forecheck.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150730175521862>

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<https://youtu.be/D1iqCvvKliA>

