C3 - Double Regroup-One Touch- 2-1 - Russian U20

Key Points:

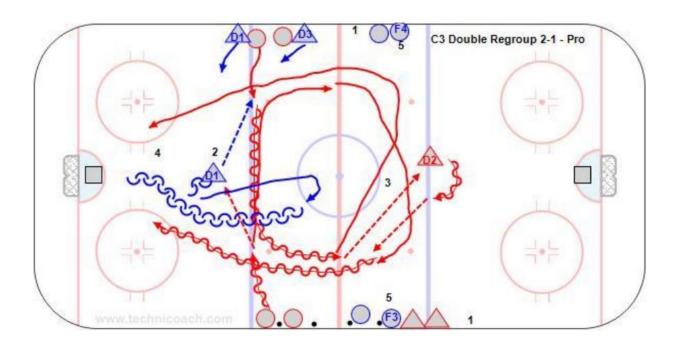
Stick square to the puck, hands away from the body and head up. Face the puck and keep the feet moving. Make the first play early on the 2-1. D keep the play to one side so it is a 2-2 with the goalie.

Description:

- 1. F1-F2 leave and regroup with D1.
- 2. F1-F2 make a second regroup with D2.
- 3. F1-F2 attack 2-1 vs. D1.
- 4. F3-F4 leave and regroup with D2.
- 5. F3-F4 make a second regroup with D3.
- 6. F3-F4 attack 2-1 vs. D2.
- 7. Continue this flow.

http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150803094619367

https://youtu.be/NvF56io2eTA



^{*}This double regroup organization can be used 1-0, 2-0, 3-0, 1-1, 2-1, 3-1, 2-2, 3-2 or instead of a second regroup dump the puck in and breakout then attack.