## C3 - Double Regroup - 2-1 - Russian U20

## **Key Points:**

Quick passing. Gain speed skating in arcs. Follow the shot for a rebound. Stop at the net and only make one pass in the offensive end.

## 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.

 $\underline{http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0\&sort=0\&s=20150816230457692}$ 

## https://youtu.be/Ez8-vhYqB2k

