

C3 - Dump-BO 3-0-RG x 2 - 3-1 – One Goalie – Pro

Key Points:

This is a full ice drill with only one goalie. Players are lined up on the side in the neutral zone and coaches give passive resistance. Coach call various breakout options. This one is 'counter with wing on the far side.'

Description:

1. Coach dumps the puck in.
2. D1 goes back for the puck and F1-F2 support from the strong side boards and middle.
3. D2 follow the play to the blue line.
4. D1 go back for the puck, shoulder check, turn up ice and pass to F1 or F2.
5. F1-F2 regroup in the neutral zone with D2.
6. F1-F2 do a second regroup with D1.
7. F1-F2-D1 attack 3-1 vs. D2.
8. F2-F4-D3-D4 repeat.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150525224222689>

https://youtu.be/V-vxD6s_PjE

