

C6 Regroup x 2, 1-1 and 2-1 – Pro

Key Points:

Defense stay between attacker and net with a tight gap on the 1-1, attack with speed, use skate and stick fakes. On the 2-1 attack with 'one high and one low, one fast and one slow', while the defender delay the play and take away the most dangerous shot and deny play across the middle of the goal.

Description:

- A. Defenders line up at each end in diagonal corners and attacker in the other diagonal corners.
- B. #1 attacker from each corner leave with a puck, skate to the blue line and pass to the #2 near the far blue line.
- C. #2 make a deception move and pass to #1 in the neutral zone.
- D. #1 skate back and regroup with #3.
- E. #1's on each side attack 1-1 vs. #2.
- F. Change the drill and now #3 joins #1 and they attack 2 on 1 on each side vs. #2.

* With younger players stagger the start so each corner leaves after the first pass.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141023113508449>

<https://youtu.be/IBeStMukGQA>

