

C3 Breakout, Regroup 3-2

Key Points:

Forwards fill the three lanes. D move the puck quickly and F's give a target. One F always on the strong side boards and don't leave unless replaced.

Description:

1. Two blue D1's breakout the 3 red F1's.
2. Red F1's regroup with 2 red D2's in the neutral zone.
3. Red forwards attack 3-2 vs the blue D1's.
4. Repeat at the other end with the red D's breaking out the 3 blue F2's.

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