

C3 - RG x 2 - 2-2 - Czech U20

Key Points:

Support from the middle and the wing. Create a 2-1 on one of the D. Quick passes and speed are the keys. Defenders switch if the cross is near the blue line and stay man on man if lower.

Description:

1. Line up on both sides of the ice in the neutral zone.
2. Start with two red D on one blue line and two Blue D on the other.
3. Two red Forwards leave and regroup with two blue D.
4. The two F's now regroup with their own red D.
5. Red F's turn and attack 2-2 vs. the blue D.
6. Play the low 2-2 until a frozen puc, goal or the D skates the puck out.
7. Repeat with 2 blue F regrouping with the original red D.
8. Regroup with two new blue D and attack 2-2 vs. the red D.*This flow can be done 1-1 to a 3-2.

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<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150816230459343>

<https://youtu.be/ENXWXXVTiqQ>

