

C6 - Breakout 1-1 with Regroup - RB Pro

Key Points:

Do this drill from both ends. Defense leave from diagonal corners and forwards from the blue lines. Attack with speed. Defenseman has to skate to tighten the gap, especially when there is a regroup.

Description:

1. On whistle D1 get a pass from D2.
2. D1 Pass to F1 cutting across the middle.
3. F1 attack 1-1 vs. D3.
4. D1 defend 1-1 vs. F2.

Add Regroup:

5. On the whistle F2 turn back and attack 1-1 vs. D3.

* This can also be done 2-1.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150627110308625>

<https://youtu.be/r71SgRUnTGY>

