

C3 Breakout 5-0, Regroup, Attack 3-2- RB Pro

Key Points:

One stretch, one middle support and one wall support.

Description:

Breakout 5-0, regroup 5-0, attack 3-2.

One stretch, one middle support and one wall support.

1. F dump in the puck and breakout 5-0.
2. Regroup with the D at the other end.
3. Attack 3-2 vs original D.
4. Repeat with new F breaking out with 2nd D.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090818155505340>

https://www.youtube.com/watch?v=gJe0h7wU_RY

