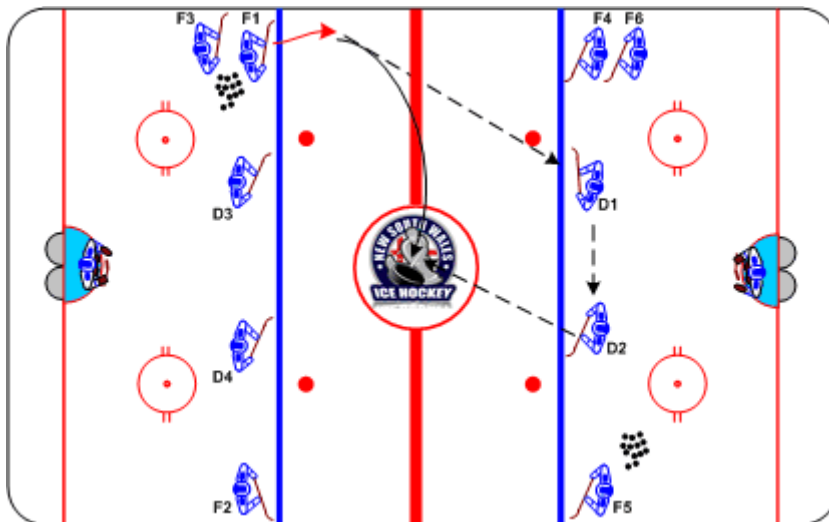




4-Corner Regroup, Progression

Duration: 8 mins

- **F1** to centre line, passes to **D1** to **D2**
- **F1** control skates to receive regroup pass, shoots
- 2-on-1 Progression: **F1** and **F2** same sequence, strongside Forward anchors on boards
- 3-on-1 Progression: **F3** stretches, accelerates across mid-lane, supports puck on rush



Coaching Tips

- © to specify passing options for Defense
- "Quick up" or "over" pass
- Establish strongside/weakside responsibilities

Execution Tips

- 1-on-0: Both ends begin on whistle
- 2-on-0 and 3-on-0: Alternate sides