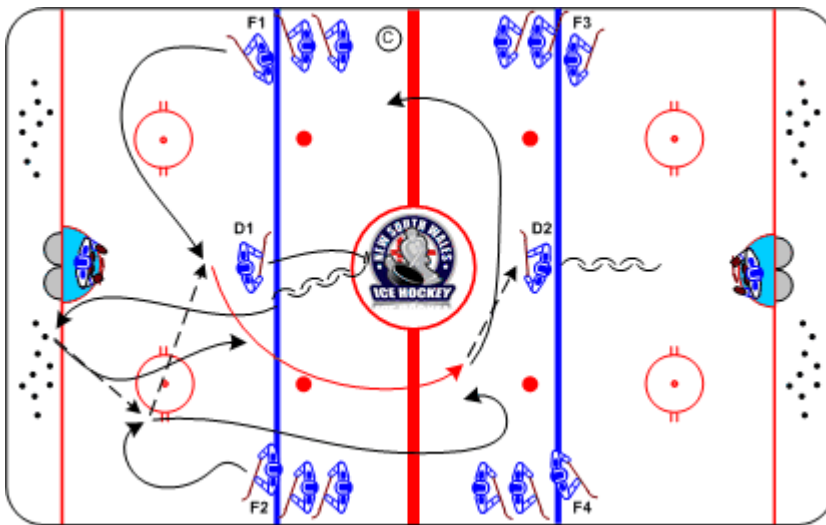




Regroup 2-on-1, 3-on-1

Duration: 8 mins

- D1 skates forward to centre ice, then backwards and pivots to retrieve puck
- D1 breakout passes to F1 or F2
- F1 and F2 regroup to D2 and attack 2-on-1
- D2 repeats the sequence
- Add a third forward to the breakout, regroup to create the 3-on-1 option



Coaching Tips

- Quick foot-work by Defense
- Quick, accurate passes

Execution Tips

- Progression: 3-on-1 from same sequence