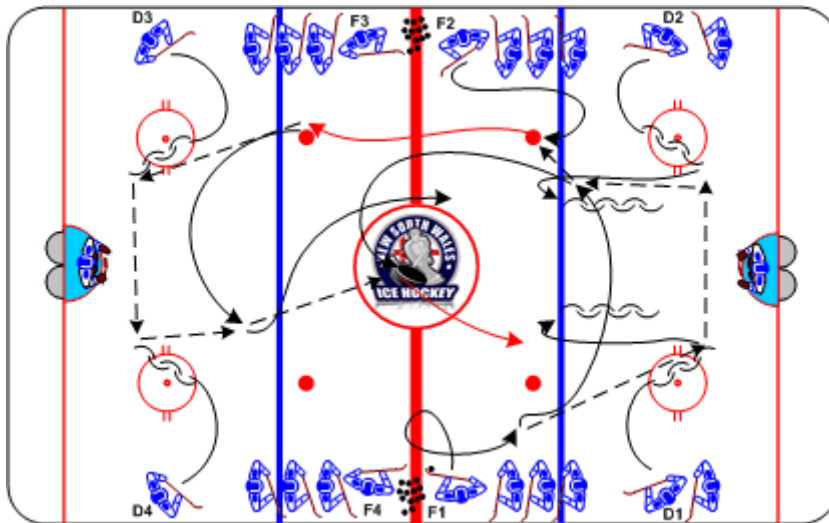




2-on-2 with Regroup

Duration: 8 mins

- F1 passes to D1 to D2 to F1
- F2 control skating, receives touch-pass from F1
- F2 passes to D3 to D4 to F1, or F2
- F1 and F2 attack D1 and D2
- F3 and F4 start next repetition



Coaching Tips

- Keep a tight gap
- Defense to stagger, stay at same distance
- Communication between Defense and Forwards

Execution Tips

- One touch passing/accurate passing
- Defense to support puck
- Forwards start on eye contact