

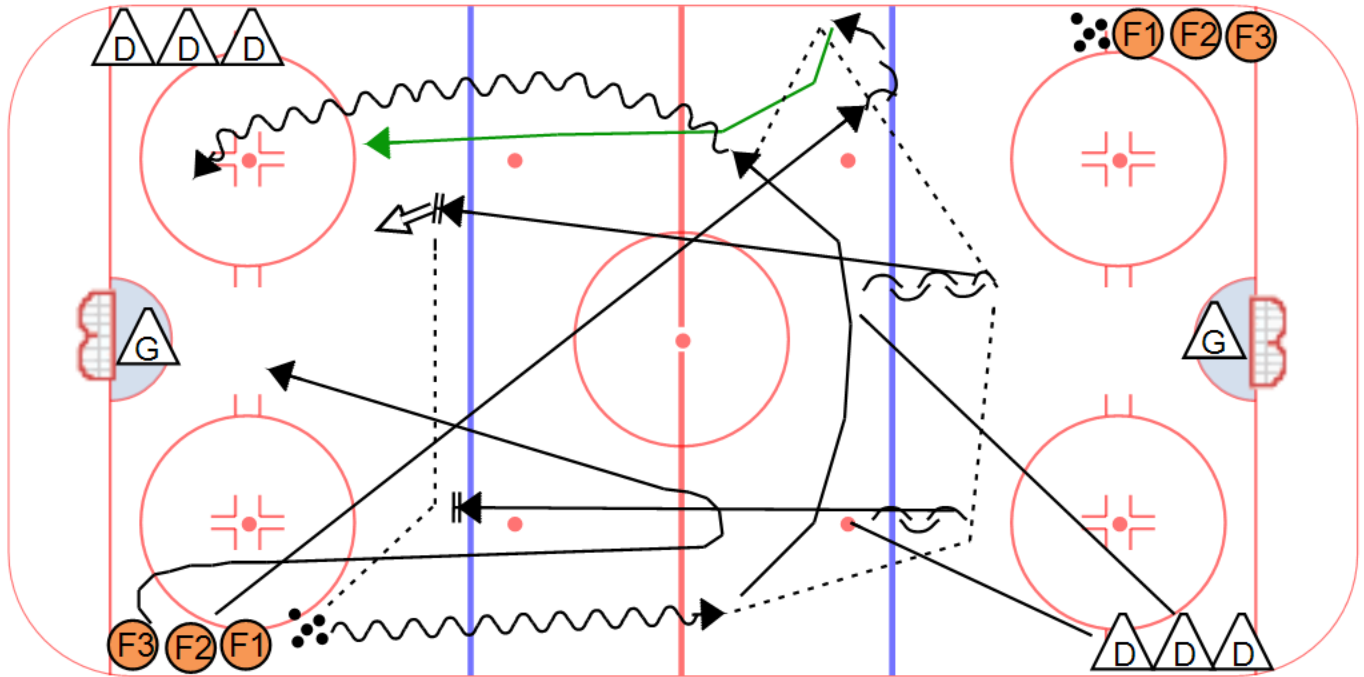
Category #1 : COACHING MANUAL

Title : Regroup single or double

Category #2 : COACHING MANUAL

Content elements :

Components:



Key points :

TIMING AND SUPPORT

D MAN HINGE

OUTLETS ON THE WALL

MID LANE AND WEAK SIDE SUPPORT

### Description

This drill is to teach players the positioning in the neutral zone after a turnover occurs. The faster this is done the better your team will be at attacking. It can be modified to only include one defenseman and 2 forwards progressing to all 5 players.

The drill starts on the whistle. Defensemen must skate outside the blueline then back peddle. F1 skates to the center line and then passes to the first D man while F2 skates far lane and opens for a pass and F3 supports weak side of the ice. The puck goes D to D then to F2 who moves it back to F1. All three forwards attack the zone with speed and F1 can pass to either F2 or F3 using attack triangle options. The defensemen follow up to the blue line and receive a pass from the forward line execute another D to D pass then a secondary shot.

The drill repeats on the other side.

Progression:

Add in 2 defending defensemen so the attack is a 3 vs 2.

Add in 2 more defensemen that the forwards regroup a second time