

## C1-C6 Pass Regroup - 1-1 and 2-1 x 2 – Pro

### Key Points:

Attack with speed and go hard to the net. On the 2-1 make the first play early so there is a second play. Defend with a tight gap and ox the shooter out on the 1-1. On the 2-1 keep the puck to one side and take the stick of the wide player after the shot.

### Description:

1. F1 at each end pass to D1 coming out of the corner.
2. D1 make a pivot and pass to F1 and follow the play.
3. F1 turn back at the far blue line and attack 1-1 vs. D1.
4. D1 mirror F1 and skate backwards to defend the rush.
5. F2 and D2 at repeat at each end.
6. Change the drill to a 2-1 with F1-F2 attacking vs. D1 at each end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2017062811080981>

[https://youtu.be/DbvCmK\\_M5wc](https://youtu.be/DbvCmK_M5wc)

