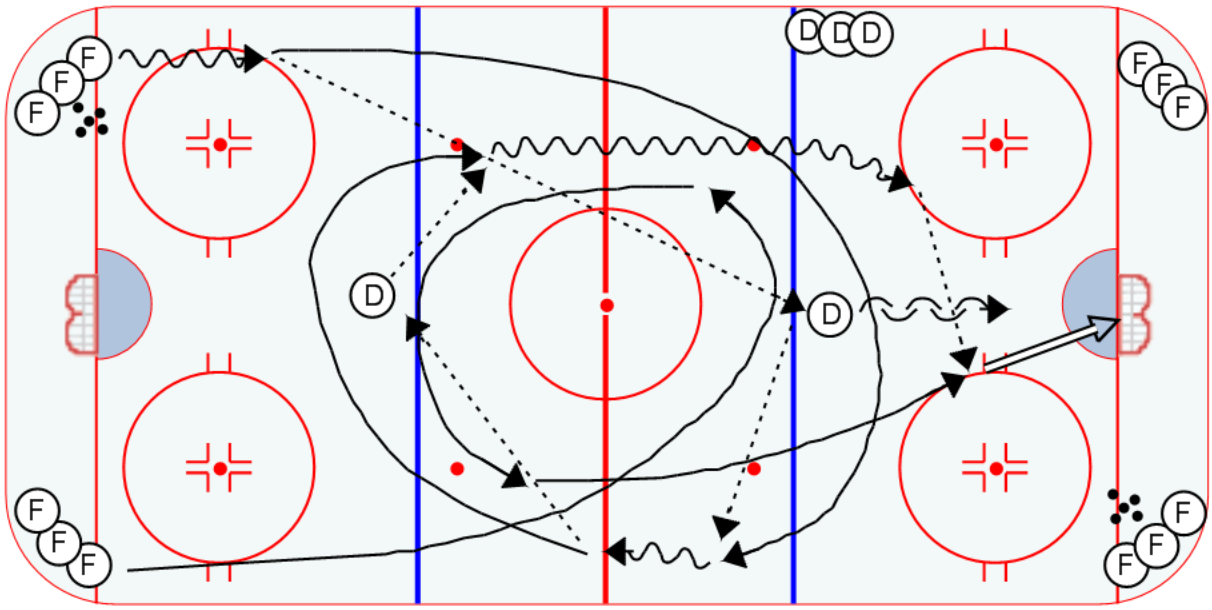
Title : 2 man coach regroup **Category #1 :** 1 on 1, 2 on 1, 3 on 2 **Category #2 :** Flow

Content elements: **Components :**



Key Points :

Description

Forwards in each of the corners, one defenseman on each blueline.

1. Forward steps out, passes to far D-man.
2. Both forwards from that line swing through for a regroup pass.
3. After receiving the return pass, forwards regroup with other D-man, then return 2 on 0.

OPTIONS: start simple with one side at a time, progress to both sides simultaneously, then to a 2 on 1.