

Title : Basic NZ Regroup

Category #1 :

Coach Nielsen

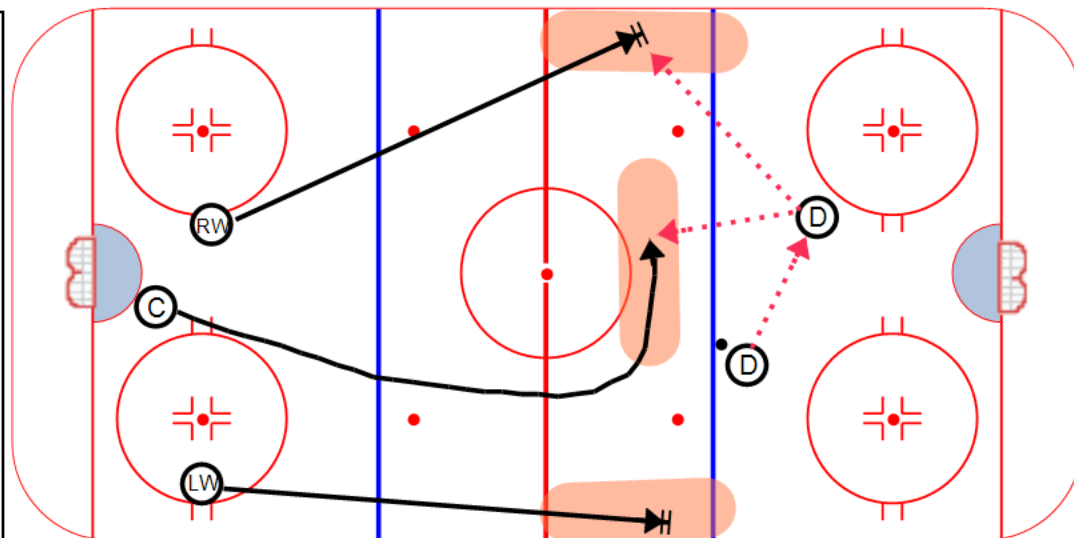
Category #2 :

Philosophy

Description

A basic NZ regroup will have the wings coming down the walls and the C looping through the NZ in the direction the puck is moving.

This allows a D2D pass, then either a pass up the wall to the wing who can chip back to the C coming through or a pass directly to the C coming through the middle of the ice.



Key points :

Title : Basic NZ Regroup (seq 2)

Category #1 :

Coach Nielsen

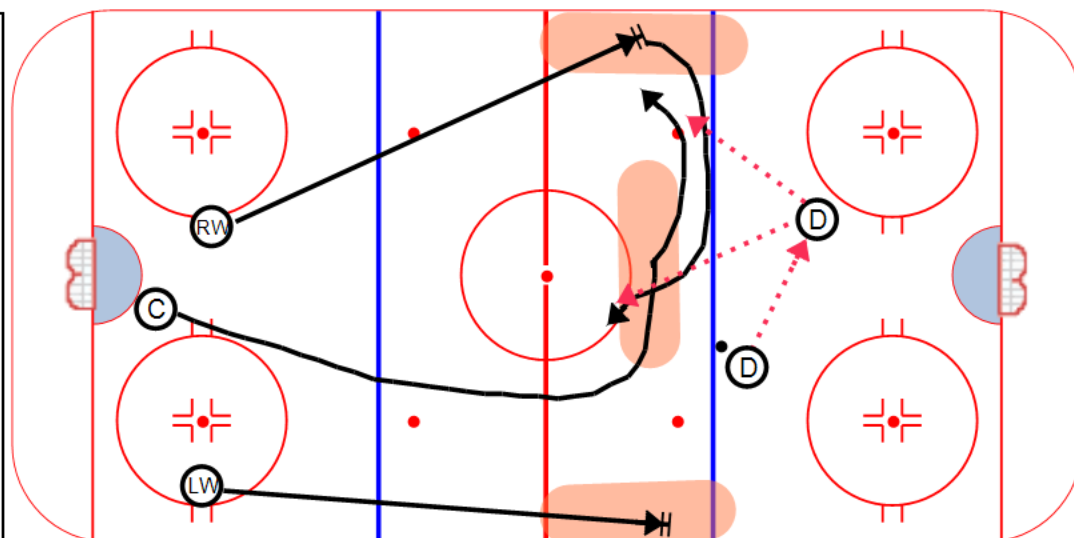
Category #2 :

Philosophy

Description

A second option is to have the center and wing switch places if the puck is moving D2D. This option allows both the C and W to move with speed when they read the D2D pass.

- D inside the dots
- Sprint to regroup positions
- Communicate with teammates
- D keep the puck on forehand
- F always face the puck
- Strong side D always shoulder check when retrieving puck
- Weak side D look up the ice and anticipate next move



Key points :

Description

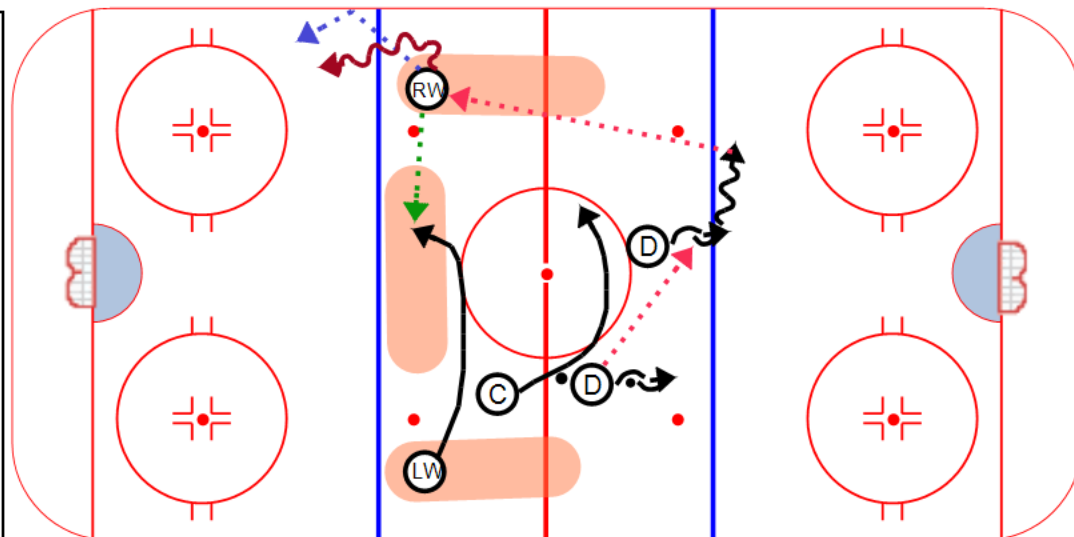
This option can be used when the NZ regroup is closer to center ice and your opponent isn't forechecking hard.

Instead of the wings coming deep along the walls they read the play and see it will be a quick transition back to the offensive zone and stay just outside the dots.

The C stills swings low to support the D and be a defensive option in case of a turnover.

With this quick hit regroup you can pass the puck to the strong side wing and he then has a few options.

- 1) Pass to the wing slashing across the ice
- 2) Chip off the wall to the C coming hard into the zone
- 3) Turn and skate with the puck



Key points :