

# C2 Continuous Flow Breakout Drill

## Key Points:

Players support from each lane.

## Description:

The breakout goes from end to end with the forwards dumping the puck in when they cross the blue line and the next line practicing various options.

Title : Alternating Continuous Breakout F Category #1 : COLLECTIVE TACTICS Category #2 : Breakout and Dump

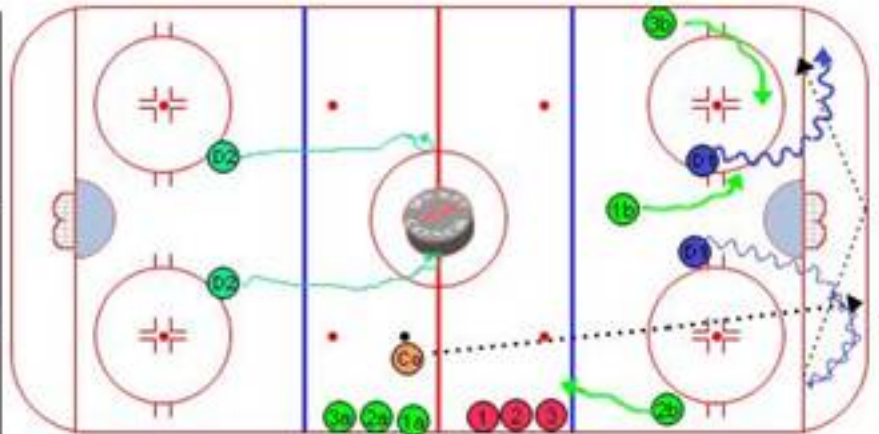
### Description

#### Continuous Flow Breakout / Dump and Change Sequence 1

Cc dumps puck in zone on 02, who gain control and initiate a breakout. Defensemen need to work on set-up options that include:

1. ) Reverse to weakside, with cross ice pass behind net to low support in weakside corner
2. ) Reverse with short, drop pass, behind net (see sequence 3)

After coach dumps puck forward from bench area 1a, 2a, 3a move in to a break-out position. Each should react according to the flow of the play.



### Key points :

Continuous Motion

Pass tape to tape

Puck Support

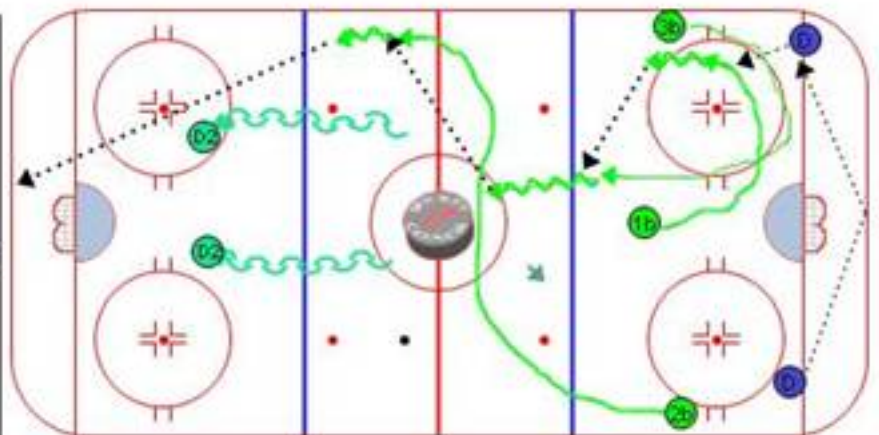
Vary Breakout Option

Title : Alternating Continuous Brea Content elements: Components :

### Description

#### Continuous Flow Breakout / Dump and Change Sequence 2

As 02 work together to setup the breakout sequence the forwards 1b, 2b, 3b respond to the flow. In this example they use a low curl with 1b supporting 02 at the hash and 3b positioning to support 1b or 02 in the middle. 2b reads movement and support high in neutral zone area. In this example 2b crosses to support the puck carrier, either, 1b or 3b



### Key Points :

Support Puck Movement

Passing Accuracy

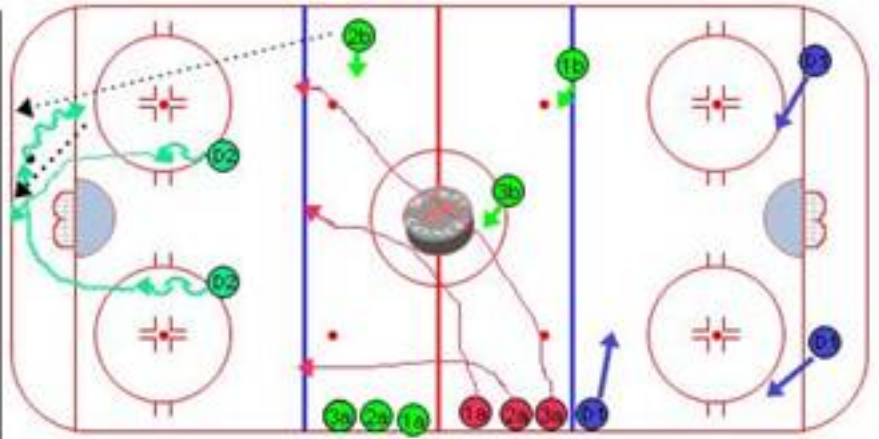
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Components :

**Description****Continuous Flow Breakout / Dump and Change Sequence 3**

The goal is for 1b, 2b and 3b to each handle the puck from Defensive Zone to the Neutral Zone, then dump the puck and change for the next sequence breakout flow that involves, 0c and 1a, 2a and 3a initiating a breakout flow. This continues with players changing on the fly as the sequence moves back-n-forth

**Key Points :**

Fast Pace

Full Speed

Continuous Change