

T2 B5 5-0 Breakout Practice – U18

Key Points:

Breakout from both sides and practice all the options including D to D passes.

Description:

1. Coach dumps the puck in.
2. D go back and get the puck, move between the dots and pass or go D to D.
3. Forwards breakout of zone.
4. Pass the puck to the coach.
5. Coach dumps the puck in the other corner for another breakout.
6. Do all of the options, go, counter, wheel, reverse, reverse to wing, over.

Option: do a third breakout and the forwards skate to the red line and turn back attacking 3-2.

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