

## DT - Half ice 1-1 G with Two Goals to Teach Transition from Defense to Offense in DZ - Koutsis97

### Key Points:

- D1 to breakout with the puck to the middle of the ice by skating
- O1 to start the back-check

### Description:

1. D1 starts by dumping the puck behind the net (goalie to stop)
  2. D1 skates to the puck and drive skates to middle ice
  3. O1 reads the breakout and times himself for a breakout pass from the D1
  4. D1 follows the pass, pivots, closes the gap and plays 1-1 with O1
  5. if D1 wins the puck, he tries to skate to NZ through the faceoffs dots (a goal)
- after save goalie passes to D1, after goal D2 start the drill again, coach stops the drill after 20s
  - coach can put two cones to the faceoffs dots as a goal if needed

