

I had a former NHL defensive defenseman work with my defense on breakout reads. In my opinion it was terrific. He taught details like skate toward your post at a 45 degree angle to draw the defender then cut back and many other reads and counters. I am breaking down the video because he started with one D vs. zero pressure, then he pressured and then two D and then incorporated 4-0 and 5-0/ Great stuff/ The first two videos have been posted.

T1-2 - Breakout Options – Wheel, Go, Counter

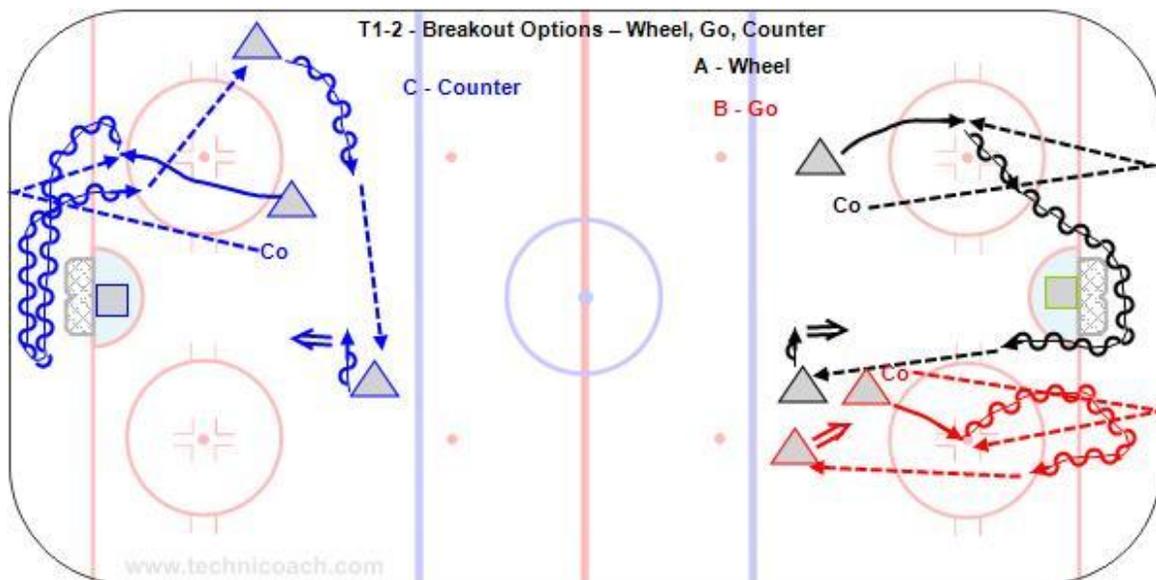
Key Points:

Principles for the Wheel, Go and Counter, with Terry Johnson a former NHL Defenseman. The key is skating hard to force the checker to commit and then choosing the option.

Description:

1. Coach shoot the puck in and the D skate to the puck and then at a 45 degree angle to force the checker to cross over.
2. **Wheel** behind the net, cut up near the far post and pass to the point for a shot on net.
3. Critical point is to make the checker do what you want them to. If you skate to where you are going to pass first then the checker can get a good angle and steal the puck.
4. **Go** by skating hard one way and then tight turn away from pressure. Pass to the point for a shot.
5. **Counter** when the checker doesn't chase behind the net.
6. Coach shoots the puck in and the player drive skates behind the net and then tight turns to come back the original way.
7. Pass to the wing who skates out and passes across to the point for a shot on net.

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B - T1-2 Breakouts vs. Checker – TJ

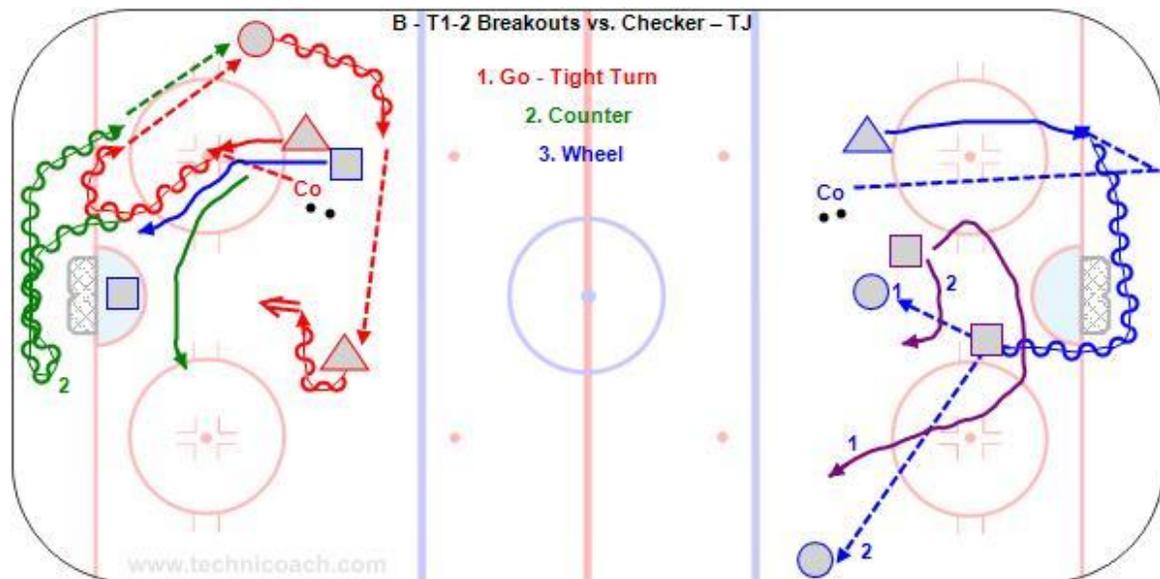
Key Points:

The defender must drive skate when they get the puck and read whether the checker chases behind, goes in front etc. Skate at a 45 degree angle to the net to make the checker cross-over and decide to wheel, go(cut back) or counter.

Description:

1. Shoot the puck into the corner and the coach or player gives pressure.
2. Shoulder check and read inside pressure then skate at a 45 degree angle toward the net to make the checker cross-over.
3. Tight turn away from pressure and pass to a player on the boards who passes to another player at the point who shoots.
4. Counter by skating behind the net and out the same way if the checker doesn't chase behind.
5. Read if the checker is taking away the middle or the boards and pass to the open player.
6. Use a backhand pass if you need to miss the defenders stick in the passing lane or to protect the puck from a checker.
7. Quick feet make everything possible. If everyone is covered then carry the puck up the middle.

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B T1-2 Tight Turn-Quick up 2-0 –TJ

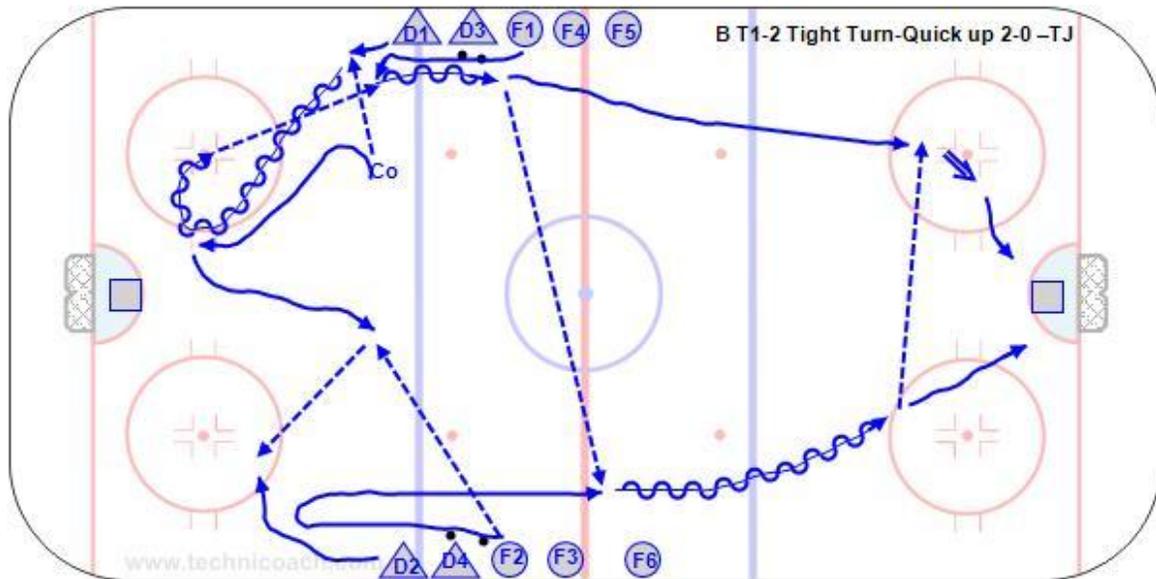
Key Points:

The key is to drive skate at a 45 degree angle toward the net and then do a tight turn to the outside when the forward crosses over.

Description:

1. Coach pass to D1.
2. D1 drive skate at 45 degree angle to net and the coach pressure from the inside.
3. D1 tight turn outside and pass to F1 on the boards.
4. F1 pass across to F2 and they attack 2-0.
5. Repeat with the coach passing to F2 on the other side.

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B T1-2 D to D and Up - 2-0 – TJ

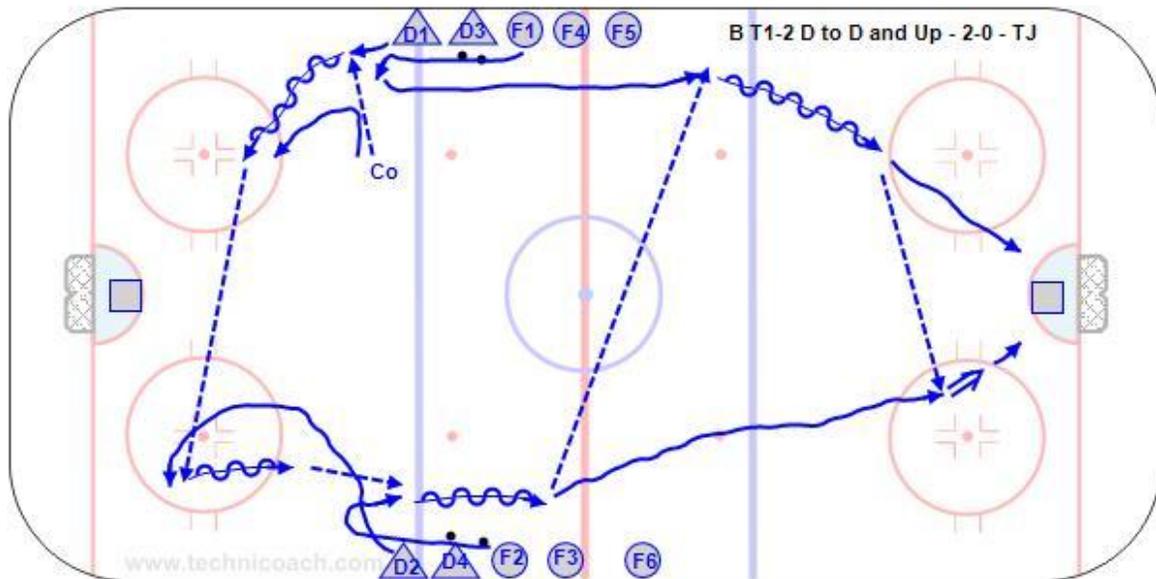
Key Points:

The key is to drive skate at a 45 degree angle toward the net and then do a tight turn to the outside when the forward crosses over. Read the forecheck which is the best play.

Description:

1. Coach pass to D1.
2. D1 drive skate at 45 degree angle to net and the coach pressure from the inside.
3. D1 pass across to D2 who hinges behind.
4. D2 pass to F2 who passes across to F1 and they attack 2-0.
5. Repeat with the coach passing to F2 on the other side.
6. Add the D read the play and either tight turn outside and pass up if D2 is covered or pass D to D.

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B T1-2 Breakout D to D 3-0 – TJ

Key Points:

Centre must mirror the D from the middle skating parallel and give a target. Stay behind the D so he can skate into the puck. D must drive skate when they get the puck.

Description:

1. Coach pass to D1 who drive skates at a 45 degree angle to the net.
2. D1 pass across to D2 who hinges up ice.
3. D2 pass to the C.
4. Forwards attack 3-0 at the far end.
5. Add D1 to D2 back to D1.
6. Add coach cover one of the D so they either go D to D or tight turn and up to the wing.

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