

T2 - 5-2 BO - 5-0 Attack Options – Pro

Key Points:

Read the forecheck and make a pass to the open player. Attack with speed. Use every player in the initial attack and practice low and high options in the offensive zone.

Description:

1. Breakout 5-2 with the extra players on the sides.
2. Skate through the neutral zone 5-0.
3. Shoot on the initial attack and go for the rebound.
4. Go through various attack options and include all 5 players.
5. Cycle low, cycle high, have the D jump in and F cover the point.
6. The next 5 attackers wait in the neutral zone.
7. On the whistle the coach dump a new puck into the opposite end.
8. The 5 new players breakout vs. two of the original attacking forwards.
9. Repeat breakout 5-2 and attack 5-0.

*Option: 1, 2 or 3 forwards can forecheck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160613101113258>

<https://youtu.be/AoSmZnd2Bp8>

