

T2 - 5-0 Breakout Options Routine - Czech U20

Key Points:

Breakout from both sides and practice all the options including D to D passes. Goalies work with the coach at the other end. Centre swing 'low and slow' to get touch backs from the wing vs. a pinch.

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. Players break out.
4. Pass the puck to the coach.
5. Coach dumps the puck in the other corner for a second breakout.
6. Do all of the options, go, counter, wheel, reverse, reverse to wing, over.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150818215749130>

<https://youtu.be/KH-Lkq0-Op4>

