

## T2 - Faceoff-5-1 Breakout-RG 3-2 - Sw F

### Key Points:

D should check on the way back to the puck. Everyone face the puck and forwards fill the three lanes.  
D must drive skate with the puck and read whether it is a pressure or contain forecheck.

### Description:

1. Start with a neutral zone face-off 5 vs. 1 forward F4.
2. Coach throw the puck deep into the defensive zone.
3. F1-F2-F3-D1-D2 breakout vs. F3 who forechecks.
4. F1-F2-F3 skate up ice and regroup with D3 when they cross the blue line.
5. F1-F2-F3 attack 3-2 vs. D1-D2.
6. All race out of the zone on the whistle.
7. Next group come out of the box and repeat in the opposite direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170808090501935>

<https://youtu.be/LpPeRHrQ168>

