

## T2-4 - BO-RG-FC - 3 F - Tomas - U18 F

### Key Points:

Game like passing as you practice the forecheck and breakouts at the same time. *This may be the magic warm-up drill I have been searching for since I started coaching in 1971.*

### Description:

1. Players leave from inside the four blue lines.
  2. Forwards dump the puck into their own end and forecheck the other defense.
  3. F1-F2-F3 cross the red line and dump the puck in so the goalie must handle it.
  4. D1-D2 go back for the puck.
  5. F1-F2-F3 forecheck; F1-F2 within a stick length and F3 mirror.
  6. D3-D4-F4-F5-F6 breakout and everyone must touch the puck up ice.
  7. F4-F5-F6 shoot the puck in and forecheck vs. D3-D4.
  8. F7-F8-F9 follow the play into the zone and breakout with white D1-D2.
  9. Continue this flow end to end.
- *In this video example they are dumping in at one end and regrouping at the other because the goalies are working at one end. The description is for dumping in at each end.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20170920121223948>

<https://youtu.be/8ul6AQPQRy8>

Pro's doing the flow. <https://1drv.ms/f/s!AukXg5gWoW-98Dj4ZrfwLDn6HGB7>

