

## T1-2 - Breakout Escape Options - TJ - U18 F

### Key Points:

Defenseman has to keep skating up ice with the puck or the forecheckers know your only option is to pass. Skate between the dots with the puck so you have many options. Skate up ice as long as you can to drive the forecheckers off the blue line into the neutral zone. To beat a checker skate in a 45 degree angle to the inside and then tight turn to the outside.

### Description:

1. Goalie place the puck so the defenseman can either go behind or make a tight turn outside.
2. Start from the top of the circle with one player at the point to shoot and one screen goalie.
3. Coach pass to the goalie who places the puck for a defenseman to pick up.
4. Defense skate to the puck and 'wheel' behind the net and cut up ice near the post.
5. Skate between the dots to the top of the circle and pass to the point who shoots.
6. Sequence is breakout, shoot, screen then back to lineup.
7. Defenseman skate to the back of the net at a 45 degree angle then tight turn to the outside.
8. Make the forechecker x-over and then tight turn away from pressure.
9. Counter by drive skating to the back of the net, stop at the far post facing up ice and exit hard.
10. If forechecker comes from the wide side pass puck behind you, protect with your body and exit.
11. One forecheck and the puck carrier must read the rush and either, wheel, tight turn, counter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180223112148601>

<https://youtu.be/2zHNSc8YXtw>

