

## **T1 – Breakout vs. Aggressive Forecheck - Pro**

### ***Key Points:***

Defenseman has to skate back for the puck and try to beat the first forechecker. F1 must be a passing option on the boards and F2 must support low and slow for a pass from the D1, a touch back or chip.

### ***Description:***

#### Part One: T2 - F Rims - D Off Boards

1. Defense at one end and Forwards at the other end.
2. Defense pick up a dump in, fake to the inside and tight turn to the middle between dots.
3. Forwards skate in and swing facing the puck for a pass from coach then goalies.
4. Coach pinch on both sides and forward skate to the inside or chip puck out.
5. Goalies rim the puck and F pick it up and read coaches pinch.
6. Forward face the puck and protect it from the pinch.

#### Part Two: T2 - F Pass to Low C - D BO Options

1. D breakout do options, tight turn, counter, wheel.
2. F1-F2 leave from the dots and coach rim the puck.
3. Coach 2 pinch and F1 touch back to F2 who supports low and slow.
4. F1-F2 skate over the blue line, turn back and attack 2-0.

#### Part Three: T2 - D Get Shot Through - 2 F BO vs. Pinch

1. D1 drag and shoot missing F1 at the point, F2 screen.
2. Coach rim the puck and F1 pick up the rim and F2 support low and slow.
3. D1 pinch and F1 box him out and share pass to F2.
4. F1 either touch back or chip pass.
5. Repeat on the other side.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180929170355217>

<https://youtu.be/k976Z4xlqU>



