

T2 - Breakout Sequence - Wally Kozak – College

Key Points:

Practice the low breakout skills first with the goalies passing and they versus no pressure and regroup with the goalies in the neutral zone, then against pressure. Player one skate between the dots before passing.

Description:

Sequence One:

1. Set up with one player on each side of the net to make the breakout passes.
2. Player 1 pass to player 2 beside the net then skate for a breakout pass.
3. Players 1 pass then swing to the boards for a pass, then pass to player at the red line.
4. Player 1 pass to the player on the other side and skate low and slow for a pass to the middle.
5. Player 1 pass to the far low player and pick up a wide rim along the boards.

Sequence Two:

6. Player 1 pass and go to wall for rim and player 2 support low and slow for a touch back pass.
7. Add the coach or a player who just did a rep pinch on the boards.
8. Four players leave, 1 dump and retrieve, 2 on boards, 3 low and slow and 4 pressure one player.
9. Player 1 wheel behind the net and pass to either player 2 on wall or player 3 low and slow.
10. Players line up at the top of the circles and goalies at the red line ready to pass.
11. Player 1 shoot the puck in, retrieve and pass to player 2 who supports 'Low and Slow'.
12. Regroup with the goalie who passes back to the other player.
13. Player 1 now pass to player 2 who supports from the boards - pass to goalie.
14. Player 1 pass to player 2 who 'Jack Hammers' the puck back to 1 then to goalie.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2019020604161323>

<https://youtu.be/zD3G8WVzFDo>

