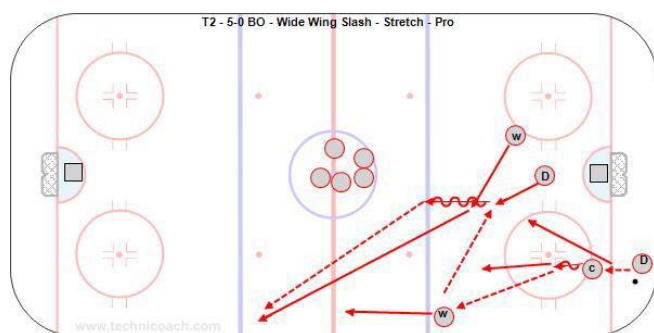




Breakout sequence

Practice Plan

Date:	Time:	Venue:
Lines:	Notes:	
Sequence: Everyone in middle and each line	Does a breakout from one corner then the	
Corner. Then do it from both corners at the	Other end.	



T2 - 5-0 BO - Wide Wing Slash - Stretch – Pro

Key Points:

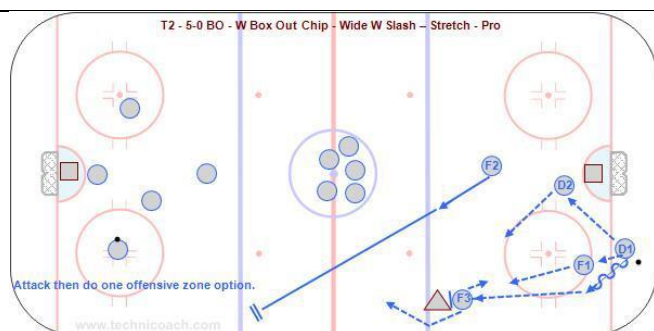
Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush.

Description:

1. Players leave in 5 man units from the middle circle.
2. Pass the puck to a coach in the corner who spots it for D1 to pick it up.
3. Strong side wing support from just inside the blue line.
4. Wide wing slash across to the far blue line.
5. D pass to the C or low forward.
6. C pass to the wing at the point.
7. W pass to the middle D2 who is skating up ice.
8. D2 pass to the weak side wing at the far point.
9. Attack in the four chambers 5-0.
10. Pass in an offensive sequence 5-0 if there is a rebound or with a second puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20191119162038213>

<https://youtu.be/NfNPqFiZQA4>



T2 - 5-0 BO - W Box Out Chip - Wide W Slash – Stretch - Pro

Key Points:

Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush. Strong side forward box out pinching D and pass back or chip puck into the neutral zone.

Description:

1. Players leave in 5 man units from the middle circle.
2. Pass the puck to a coach in the corner who spots it for D1 to pick it up.
3. Strong side wing support from just inside the blue line about a metre from the boards.
4. Wide wing slash across to the far blue line.
5. D pass to the low forward or the other D.
6. C or D pass to the wing at the strong side point.
7. W pass back to a player coming from behind or chip the

puck into the neutral zone.

8. Pass to the weak side wing at the far point.

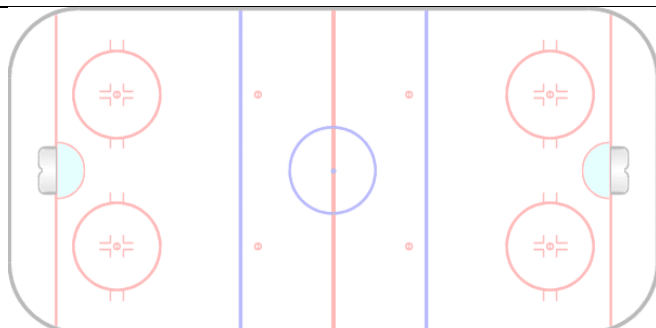
9. Attack in the four chambers 5-0.

10. Pass in an offensive sequence 5-0 if there is a rebound or with a second puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2019112216391543>

<https://youtu.be/WMzyLhRCVCg>

Explanation/Notes:



Explanation/Notes:

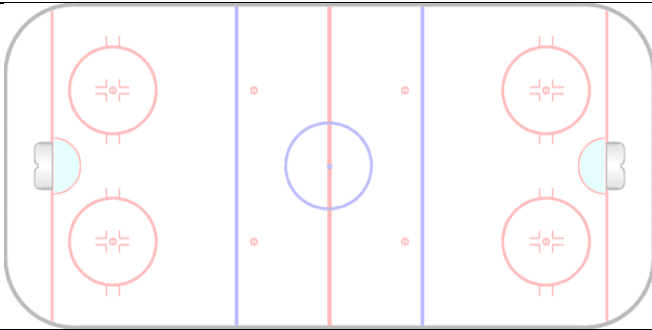


Explanation/Notes:

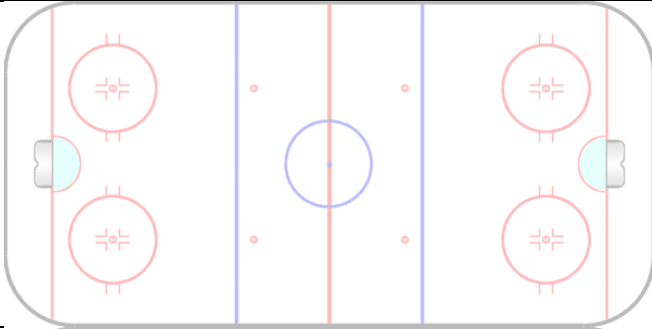


Explanation/Notes:

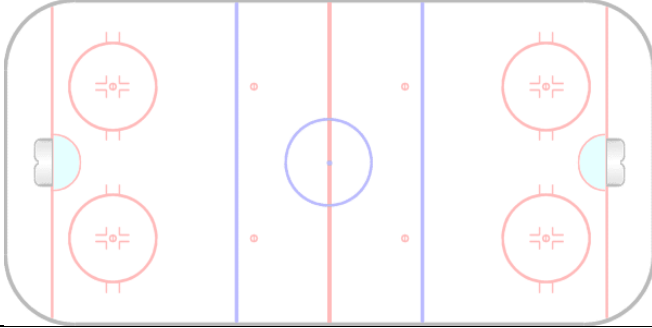




Explanation/Notes:



Explanation/Notes:



Explanation/Notes:
