

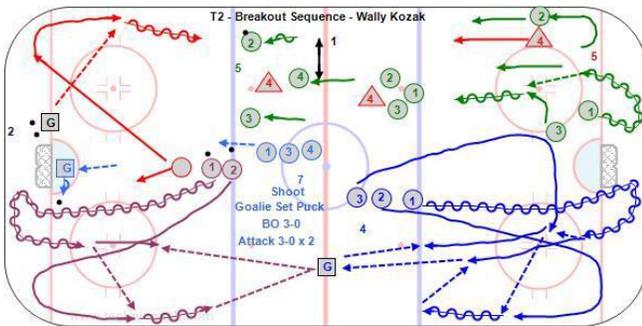


Date:09-15-21

Time:6:15-7:45

Venue: SAIT

Lines:	Notes:
Breakout principles	1-3 pk
1-3-1 pp	Pp rugby breakout
Specialty team sequence	



15'

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.

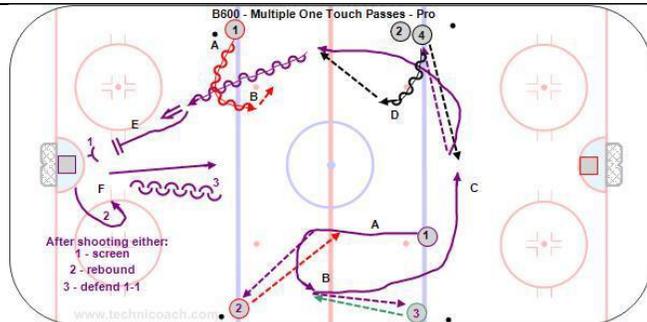
Sequence Two:

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.

<https://youtu.be/zD3G8WVzFDo>



13'

B600 - Multiple One Touch Passes – Pro Add 1-1

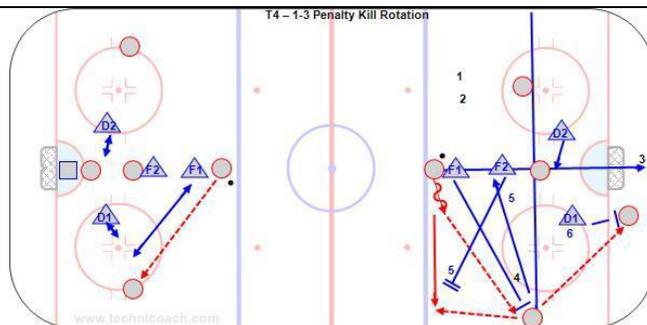
Key Points:

This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck.

Description:

- A. 1 exchange passes with 2.
- B. 1 turn out and exchange passes with 3.
- C. 1 skate across and exchange passes with 4.
- D. 4 skate to the inside and pass to 1 skating wide up the ice.
- E. 1 shoot and follow the shot.
- F. 1 either screen, rebound for the next shooter or defend a 1-1 vs. the next shooter.

<https://youtu.be/uCBsG4KORMI>



15'

T4 – 1-3 Penalty Kill Rotation

Key Points:

Forwards play in an I with one forcing the puck at the point and on the sides. The defense play low on each side. When the puck is low play and aggressive low press. Pressure any bobbled puck or poor possession. Good defensive skating in straight lines with stick on the puck and toe caps facing the puck.

Description:

Forwards Rotation:

1. All 4 defenders spin and then orient themselves into a 1-3.
2. Attackers set up in a high umbrella and move the puck starting at the mid point.
3. F1 at the top force the mid point and chase a pass to either side with stick denying return pass.
4. F2 move challenge a return pass to the mid point and F1 FALL UNDER and replace F2.
5. F1-F2 continue this tandem rotation with mid slot coverage when the puck high.
6. F1 or F2 pressure down if the attacker is at the half boards.

Defense Rotation:

1. Attackers set up at mid point in a high umbrella and defense start together in the low slot.
2. Puck is moved to one side D1 moves toward that side and D2 stays in the middle.

3. When puck is moved to the other side D2 move to that side and D1 to the middle.

4. D1 and D2 keep their sticks in the dangerous passing lanes and be ready to block shots.

Walk Through 4 on 5:

1. Set up in a 1-3-1 power play and 1-3 penalty kill.

2. Start from the mid point and had a controlled scrimmage of 5-4.

3. Divide the defensive zone into four quadrants of responsibility; F1-F2 high, D1-D2 low.

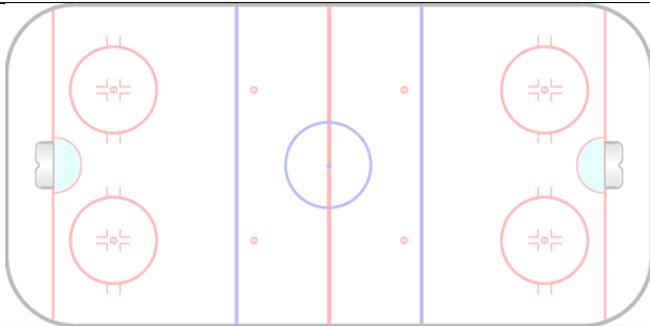
4. F1 pressure down the wall with the stick denying a pass to the point.

5. F2 pressure a return pass to the point and F1 fall under and cover the mid slot.

6. Play a low press if the puck moves from the half boards down.

7. Constantly decide whether to pressure or contain.

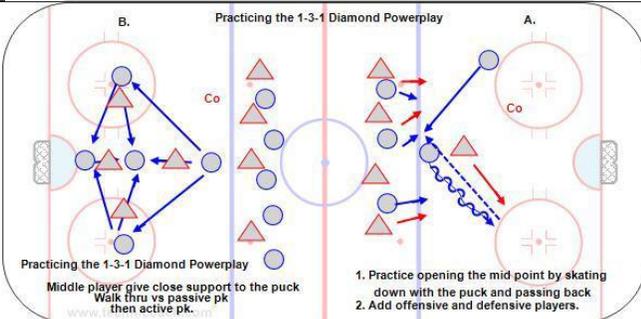
<https://youtu.be/NkdQdJZH1-g>



15'

**Power Play breakout
Rugby breakout.**

<https://1drv.ms/v/s!AukXg5gWoW-9hqwtTRYM2OoGh5KHAq>



15' Walk through

T2 – D400 – Diamond 1-3-1 Power Play

Key Points:

Players on the sides be on their off wings for one timer shots. Rotate positions and create constant movement. One timer shots are most effective from the dot and lower.

Description:

1. Outwork the defenders with one extra attacker battling for loose pucks.

2. When the puck is at the half-boards the player in front should support from the goal line.

3. When the puck is at the mid-point move into a 1-3-1.

4. The player in the middle give close support to the players at on each side and the mid-point.

5. Move the puck quickly with one touch passes that beat one defender unless a seam opens for a cross-ice pass that beats two defenders.

6. Either the player or the puck moves at all times.

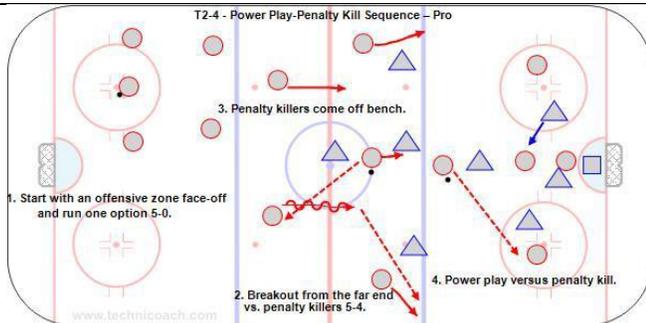
7. Mid-point player always look to shoot first and miss the shot blocker. Pass when there is no shot.

8. Create rebounds and then outnumber the defenders in the slot.

9. Attack in waves with constant rotation, quick passes and shots to continually create open passing and shooting lanes.

<https://youtu.be/LHDNSDOhIHw>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130315091545906>



15'

T2-4 - Power Play-Penalty Kill Sequence – Pro

Key Points:

Develop a power play that fits the skill of each five player unit. Practice the Diamond 1-3-1 both from the blue line and below the goal line. Defend from the net out, stop and start, stick on puck and in the passing lanes. Swarm when the offense doesn't have control along the boards. Weak side forward fall under and cover the middle attacker. Power play create shooting lanes, screen, crash for rebounds.

Description:

1. Start with an offensive zone face-off and run one option 5-0.
2. Breakout from the far end vs. penalty killers 5-4.
3. Use controlled breakouts for each group.
4. Penalty killers come off the bench to defend against the breakout.
5. Power play versus penalty kill.

** Breakout with a double swing and five attack.*

** Breakout in the three lanes and two forwards swing behind for a trailer pass and attack late, these players attack the static defense and carry in, pass to each other or the wide players at the blue line.*

** Aggressive penalty kill when the puck is loose or the attackers back is turned.*

** Option one is to have the wide players on their forehand side for one timers.*

** Option two is to have a passing PP with right and left handed shots on the right and left sides.*

** Rotate positions and keep moving.*

** Defender stay with the puck carrier but do not chase passes.*

** Play a 4-4 on the strong side and deny the cross ice pass with sticks in the lane.*

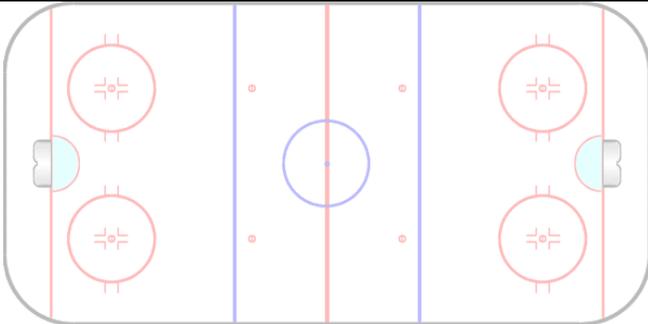
** Many teams give the goalie the walk out player jam and cover the other four.*

** Power play create confusion with quick puck movement, switches and back door options, outnumber the defenders on rebounds.*

** A coach can use this sequence to practice from 3-3 to 5-5.*

<https://youtu.be/VadXPVkJMb4I>

2'
Pucks and in middle



Explanation/Notes:



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