

B6 - Breakout 3-0 Point Shot x 2 – Pro

Key Points:

Defense make the pass while skating between the dots up ice. Forwards give a target and do everything while skating.

Description:

- 1 – D1 at each end skate from the goal line to the top of the circle and back then get a puck.
- 2 – F1 and F2 leave from the blue line and come back for a breakout pass. F2 mirror the puck across.
- 3 – D1 pass to either F1 or F2 and D1 follow the rush up the ice.
- 4 – F take the 'big ice' between the dots and then pass wide.
- 5 – F make a wide zone entry and shoot-rebound.
- 6 – Non shooting F get a puck from the corner and pass to D1 at the point who drags and shoots.
- 7 – F who passes either go to the net or cycle high as a passing option for D1.
- 8 – Repeat with D2-F3-F4 at each end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706163537973>

https://youtu.be/eF4ObRh_EbM

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706215733459>

<https://youtu.be/MQX5bnRXIAo>

