

T2 - Breakout vs. One Forechecker – 5-0 Attack Options – Pro

Key Points:

Attack with speed and do everything with quick feet.

Description:

- 1 - Simulate a neutral zone turnover with blue F1 pass to the red D1 and then forecheck.
- 2 - D1-D2 hinge and up to a forward.
- 3 - Red forwards attack 3-0.
- 4 - Red F1 get a puck from the corner cycle back to F2 who passes to D1.
- 5 - D1 fake a shot and pass to D2 who one times a shot – F1 and F2 go to the net.
- 6 - F3 get a puck from the other corner and repeat passing to D2.
- 7 - The high forward get a new puck on the whistle and pass to start the drill again.

**Alternative idea is when the puck is at the point one F screen, one F be a shot pass option and one F be a one timer option. All go to the net on a shot.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140708231535510>

<https://youtu.be/5NwiWZtMGVA>

