

## B5 - Murdoch Breakout Routine C and D - College F

### Key Points:

Defenseman Shoulder check on the way to read the forechecking pressure.

Forwards read the play from the middle lane and time it so they are skating up the boards for the pass. If the forechecker follows you behind use the reverse.

### Description:

C. Coach dumps the puck in and the D gets in and drive skates hard to the back of the net and up the ice between the dots. Pass D to W to D to W.

D. Coach dumps the puck in and the D gets it and drive skates to the back of the net to draw the forechecker then passes back off the boards to the other D who has called reverse from the front of the net. D2 passes to W to D2 to W and out.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20080720200746400>

[https://youtu.be/YBk6u\\_AVZmA](https://youtu.be/YBk6u_AVZmA)

