

B5 Breakout Options 5-0 - U18 F

Key Points:

Players come all the way over the blueline between reps.
You can have one or two lines doing reps at each end.

Description: 1. Coach shoots the puck into the zone and 5 players follow for a breakout.
2. When over the blueline pass back to the coach. Coach shoots on both sides so each D gets a rep.
3. Start with breakouts with D passing to F's.
a. tight turn and up
b. Wheel around net and up.
c. Counter to back of net, stop and out original side.
d. Boards-reverse to the strong side wing.

Progress to D to D passes first then to the F's.

e. Reverse D to D and up.
f. Bank - D to D off boards behind

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20121101085219680>

https://youtu.be/wyF_w3ygnsM

