

## B5 Breakout Options 5-0 - U18 F

### Key Points:

Players come all the way over the blue line 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 blue line 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](https://youtu.be/wyF_w3ygnsM)

