

T2 – Breakout – 3-1 D Join Rush - Pro

Key Points:

Two defense and two forwards attack and one defenseman join the rush. Attack with speed through the neutral zone and get a shot on the rush.

Description:

1. D1 skate up and back then get a puck from coach and wheel around net.
2. D2 is in front and F1-F2 skate into the zone from both sides.
3. D1 make a breakout pass and follow the play up to the far blue line.
4. D2-F1-F2 attack 3-1 with a middle drive vs. D3.
5. D4 breakout D5-F3-F4 in the other direction vs. D1.

** Any of the 4 attackers can shoot on the rush.*

** F1-F2-D2 fill the three lanes on the rush and attack with the middle drive.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150518121700646>

<https://youtu.be/YuffpdMsLa4>

