

## T1 - A500 - D Breakout Options – Pro

### Key Points:

D get in the habit of looking over one shoulder to read where the pressure is coming from and fake into then skate away from pressure.

### Description:

1. Coach dumps the puck in from the blueline and one 2 D start at the top of the circle.
2. D skate up to the blueline and then backward pivot to the inside and get the dump in.
3. Two D alternate at each side going back for the puck and pass to the coach.
4. Turn to forward and shoulder check one way to read the pressure.
5. First dump 'Counter' by driving to the far post at the back of the net then out original way.
6. Second puck fake to the inside and tight turn outside.
7. Skate between the dots before passing to the coach.
8. Progress to two D leave at once.
9. Start with 'Over' D to D behind net then hinge back to D in middle x 2.
10. Next practice the 'Reverse' x 2.
11. Players switch to the original side when the skate up to the blue line.
12. Pass puck hard off the boards so it comes back to partner inside the dots.

*\* A progression for this sequence is to have a player forecheck and D read the best option.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150831100620996>

<https://youtu.be/qeYFGFCrDoE>

