

T2 - C2 Breakout 5-3 Attack 5-2 – Pro W

Key Points:

Set up behind the net for a controlled breakout. Forwards swing wide low and fill the three lanes. Carry the puck into the 'Big Ice' between the dots in the neutral zone and pass outside for a wide entry.

Description:

1. Coach shoot the puck in.
2. One forechecker pressure and two defenders at the point.
3. D1 take the puck behind the net for a controlled breakout.
4. D2 swing to the one corner with one F and two F swing to the other corner.
5. D1 read the forecheck and pass away from pressure.
6. One F cut to the middle lane and get a pass.
7. Pass outside and do a wide entry vs. two defenders.
8. Attack 5 on 2 in the offensive zone.
9. Repeat with a new group.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150503110728485>

T2 BO 5 2 RG 5 3 Czech U20

<https://youtu.be/hqmijk6kSK0>

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<https://youtu.be/5EiU4mrXgHl>

