

T2 - C6 Breakout – 4 on 1 with 2F + 2D – Pro

Key Points:

Support on boards and middle and D in front join the rush. One D always join the rush when playing 4-4.

Description:

1. D1 skate to the top of the circle and back for a puck.
2. F1 and F2 give support in the middle lane and wide lane.
3. D2 leave from front of net and join the rush in the weak side lane.
4. F1-F2-D2-D1 attack 4-1 vs. D3 and D1 follow the rush.
5. Repeat with D4 skating up and back and breaking out with D3, F3, F4 vs. D1.

** Net front D can also join the attack from the middle lane.*

** Attack using a Middle drive.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150103085021666>

<https://youtu.be/Lu1A6CeBMiE>

