T2 - Three Forecheck-Breakout 5-0 – Attack - Cycle-Back Door Pass x 2 – Pro

Key Points:

Three player forecheck, cycle up, back door, pass across, breakout 5-3 and attack 5-0, middle drive.

Description:

1. Three forwards attack and dump the puck deep in the zone.
2. Five attackers break out vs. the 3 man forecheck and enter the offensive zone.
3. Attack with the middle drive.
4. F1 get a puck in the corner and walk up the wall and pass to D1.
5. D1 pass back to F1 high in the slot.
6. F1 pass across to D2 who sneaks in for a back door shot.
7. Repeat from the other corner.

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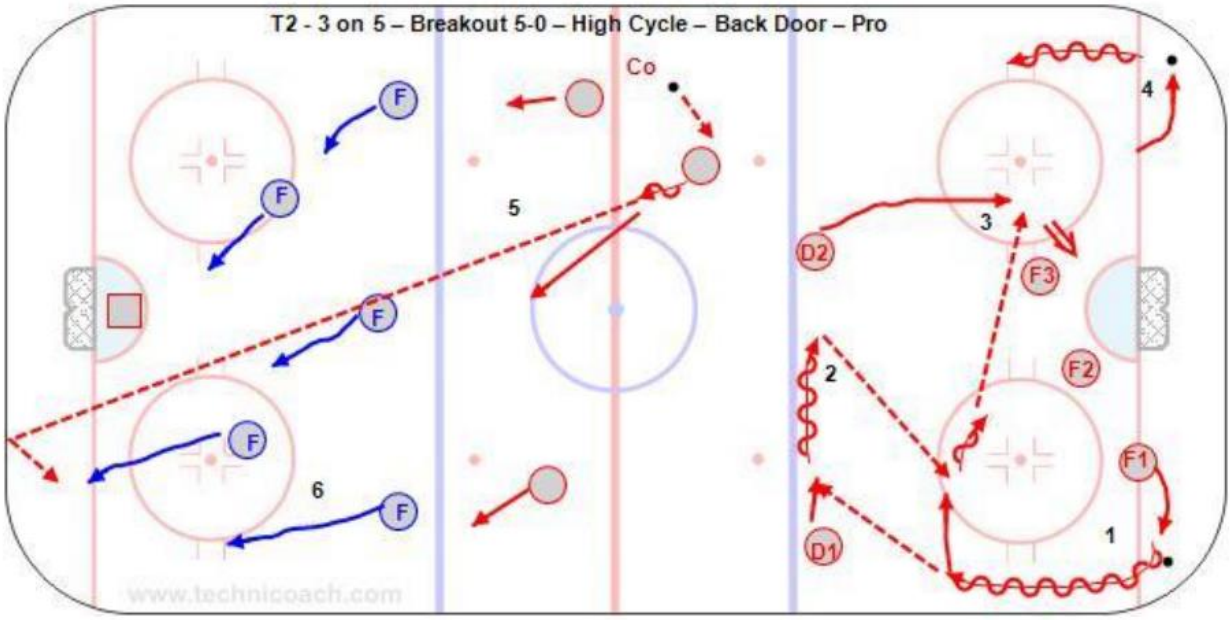
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