

B202 - Breakout Pass and Shooting Warm-up – RB Pro

Key Points:

Make hard passes and the forward give a target.

Description:

Done on both sides of the ice at the same time on the coaches whistle.

1. The D's pass to a F's cutting across the ice.
2. The F attacks and shoots then rebounds then screen for the point shot.
3. The D follows the play gets a pass from the forward and shoots.

Options:

The forward could give and go with the D after the initial pass. F could also rush the D so he has to shoot by the defender.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090901074924530>

<https://youtu.be/fypRLGZzKUK>

