

T2 - BO - D to D-Pass to Low C - Czech U20

Key Points:

Centre skate flat and mirror the puck from a few stick lengths behind, give a target and swing low just above the top of the crease. This breakout is designed to drive the forecheck back to prevent a pinch.

Description:

1. Five man units of 3 F and 2 D leave from the neutral zone and the coach dump in the puck.
2. D1 go back for the puck and pass behind to D2.
3. Centre mirror the D to D just above the crease.
4. D2 pass to the C who skates up ice and passes to the strong side wing.
5. Wing pass to the coach.
6. Coach shoot the puck on the other side and D2 pass behind to D1.
7. Repeat D1-C-W-Coach.
8. Next 5 man unit repeat. With 4 units this can happen at both ends.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150818221322565>

<https://youtu.be/9tXg62gk8yc>

