

T2-C600 Breakout x 2 - 3-2 - U18

Key Points:

Give a target, everyone move together, pass to the outside and skate with the puck between the dots, attack with speed on the 3-2 with a middle drive.

Description:

1. F1-F2-F3 and two sets of defense, D1-D2, D3-D4 start in the neutral zone.
2. One forward dump the puck in or shoot at the goalie.
3. F1-F2-F3-D1-D2 breakout and the coach call various breakout options.
4. Cross the red line and shoot the puck into the other end or on net.
5. F1-F2-F3-D3-D4 breakout from the opposite end.
6. F1-F2-F3 attack 3-2 vs. D1-D2 and play out the first rebound.
7. F4-F5-F6 repeat and breakout first with D3-D4 then with D5-D6.

**Option: add a regroup and second breakout alternating sides so both D make the first pass.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151023101250791>

<https://youtu.be/URlaHMaG6c4>

