

T2 - B5 5-0 Breakout Practice - U18 F

Key Points:

Breakout from both sides and practice all the options including D to D passes.

Description:

1. Coach dumps the puck in.
2. D go back and get the puck, move between the dots and pass or go D to D.
3. Forwards breakout.
4. Pass the puck to the coach.
5. Coach dumps the puck in the other corner for another breakout.
6. Do all of the options; go, counter, wheel, reverse, reverse to wing, over.

Option: do a third breakout and the forwards skate to the red line and turn back attacking 3-2.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121101085219680>

https://youtu.be/wyF_w3ygnsM

