

C2 - Continuous Breakout 4-0 – Pro

Key Points:

Forwards time their skating with the D. D get to the Big Ice between the dots with the puck and pass to F in zone one or two and not across the midline of the defensive zone.

Description:

1. Line up along the side in the C2 formation.
2. D get a puck from the corner and skate between the dots.
3. Inside the defensive zone passes to forwards are only made to zone 1 and zone 2.
4. Cross ice passes can be made in the neutral zone.
5. Attack with all 4 and a middle drive.
6. Blue group follow the reds into the zone and break out the other way 4-0.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109161359309>

<https://youtu.be/FBxubqtbUQo>

