

T2 - 5-0 - Tomas - Breakout Options and Goalie Warm up - Slovakia U20

Key Points:

This is a routine for the start of practice instead of simply skating around the ice mindlessly. Go through all of the various breakout options with D to D passes and quick ups. Rotate regroupings so all four defense start the play and the three forwards get the first pass. Forwards skate to the 'Big Ice' when they get a pass and fill the three lanes one touch passing.

Description:

1. Start with coach warming up goalies at one end and three forwards and two defense at each end.
2. Blue line of 5 regroup with the Red D1.
3. Red D1 either do a quick up or D to D below the goal line.
4. One touch down the ice and regroup with Blue D1 or D2.
5. Blue D quick up or low D to D.
6. Repeat so each D pair gets two breakouts.
7. Red forwards follow and take their first breakout from the white D.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20170703103800592>

<https://youtu.be/ZMugl0bnTeE>

