

## C3 Breakout and Two 1-1's – Pro

### Key Points:

After making the pass the D cross the ice and close the gap on the attacking F. Go on the coaches whistle.

### Description:

This drill is done with the D and F at the same time in both ends of the ice. The breakout pass is made on one side of the ice and the 1-1 is on the opposite side. D lineup in the middle and F behind the bluelines.

1. D1 skate behind the net and make a breakout pass to F1.
2. F1 skate and regroup with D2 and cut across for a pass in the middle.
3. D2 pass to F1.
4. F1 attack D1 in a 1-1 at the original end from the far lane.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823122857406>

<https://youtu.be/FhDTfLkMVVM>

