

T1-2 - Breakout Options – Wheel, Go, Counter - U18 F

Key Points:

Principles for the Wheel, Go and Counter, with Terry Johnson a former NHL Defenseman. The key is skating hard to force the checker to commit and then choosing the option.

I had a former NHL defensive defenseman work with my defense on breakout reads. In my opinion it was terrific. He taught details like skate toward your post at a 45 degree angle to draw the defender then cut back and many other reads and counters. I am breaking down the video because he started with one D vs. zero pressure, then he pressured and then two D and then incorporated 4-0 and 5-0/ Great stuff/ The first two videos have been posted.

Description:

1. Coach shoot the puck in and the D skate to the puck and then at a 45 degree angle to force the checker to cross over.
2. Wheel behind the net, cut up near the far post and pass to the point for a shot on net.
3. Critical point is to make the checker do what you want them to. If you skate to where you are going to pass first then the checker can get a good angle and steal the puck.
4. Go by skating hard one way and then tight turn away from pressure. Pass to the point for a shot.
5. Counter when the checker doesn't chase behind the net.
6. Coach shoots the puck in and the player drive skates behind the net and then tight turns to come back the original way.
7. Pass to the wing who skates out and passes across to the point for a shot on net.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131107182728398>

<https://youtu.be/C-rlNEl83UY>

