

T1-2 Breakout D to D 3-0 – T1-2 Breakout D to D 5-0 - TJ U18 F

The fifth and final stage of this breakout sequence is adding a centre and attacking 3-0. Terry has the D drive skating at 45 degrees to the net and then pass D to D. He demonstrates how the centre should mirror the puck from about a stick length behind giving a target. They practice this and then they go D1 to D2 back to D1 when the read is the passing lanes are taken away.

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Key Points:

Centre must mirror the D from the middle skating parallel and give a target. Stay behind the D so he can skate into the puck. D must drive skate when they get the puck.

Description:

1. Coach pass to D1 who drive skates at a 45 degree angle to the net.
2. D1 pass across to D2 who hinges up ice.
3. D2 pass to the C.
4. Forwards attack 3-0 at the far end.
5. Add D1 to D2 back to D1.
6. Add coach cover one of the D so they either go D to D or tight turn and up to the wing.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131111154200960>

<https://youtu.be/4qVqjsr9oQA>

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<https://youtu.be/rS2a54ULFCk>

