

T2 - Breakout Practice Progression - TJ

I think former NHL defenseman Terry Johnson did such a great job developing a teaching sequence focused on the D making breakout reads and decisions that I put the posting together into a booklet. I have seen a huge improvement in my D creating space for themselves and making better decisions since TJ had them run through this sequence in a few practices. (TJ also coached a lot of university and minor hockey).

It isn't pro's but my U18 girls demonstrating with Terry creating pressure in each situation. Coaches at any level can use this progression.

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

<https://youtu.be/rS2a54ULFCk>

T1-2 Breakouts vs. Checker - TJ - U18 F

<https://youtu.be/bL119HCaRFQ>

T1-2 D to D and Up - 2-0 - TJ

<https://youtu.be/DAdWqiJKfZM>

T1-2 Tight Turn-Quick up 2-0 - TJ - U18 F

<https://youtu.be/FOqlQnpp7B0>

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

<https://youtu.be/C-rINEI83UY>





