

T2 – Defensive Zone Face-off Breakout – Attack 5-2 – Regroup 5-2 - Pro

Key Points:

Far wing get right up against the wide D and get the puck past him. Important for D1 to drive skate to the back of the net.

Description:

- 1 – Set up for a defensive zone face-off.
- 2 – Centre draw the puck back and D1 on wall go back for it.
- 3 – D2 skate for a pass from D1.
- 4 – C support swinging across the middle, far wing up the boards other wing stay wide.
- 5 – Attack 5 on 2 with a middle drive and play until the whistle.
- 6 – Neutral zone regroup with D.
- 7 – Attack again 5-2 and coach give a time limit to score.

• Repeat from both sides.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140708225547880>

<https://youtu.be/QHMTXmdRmaw>

