

B6 Breakout x 2 Point Shot – Pro

Key Points:

Forwards time so they are open when D can pass. Give a target, defense have quick feet and pass hard.

Description:

1. Defense and forwards start from the corners at opposite ends.
2. F1 starts by skating with a puck and passing to the D1 at the far end.
3. D1 skate up ice and pass to F1 who supports in the neutral zone.
4. F1 attack the net and shoot while D1 goes back for a new puck from D2.
5. F2 skate around the middle circle with timing for a pass from D1.
6. F2 attack and shoot and F1 circle back to rebound.
7. D1 follow and get a pass from F3 and take a point shot while F1-F2 screen.
8. Do this drill from both sides.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140922104119325>

<https://youtu.be/BLVcTM6dSDA>

