

T2-4 PP Breakout to 4-2 and 2-1 - Pro W

Key Points:

Extra players on the bench in a D100 formation. Rotate in when the 2-1 and 4-2 are playing at each end. D everything with speed and drive to the net on the attack.

Description:

1. Four defenders and five attackers pass the puck on their side of the red line.
2. Attackers dump their puck into their end for a PP breakout and attackers forecheck.
3. In neutral zone 3 attacking forwards and 1 D continue and vs. the 2 defensemen 4-2.
4. The 2 pk forwards get a puck from the coach and turn to attack the other offensive D 2-1.
5. Next group of 5 and 4 come out and repeat.
6. If there are only 5 D then the 2 D who attacked now go with the 2 PK forwards.

• *Two colours make team play drills easier to coach and more in tune with today's game of Total Hockey.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140109151311656>

<https://youtu.be/pH-tvz5uv1w>

