

B5 - Breakout Reps - Czech U20

Key Points:

Defense go through the options for picking up a dump in. Shoulder check one way, fake, hard strides with the puck. It is great to put the players in charge of their own development. Instead of being robots they have to think of the options, good habits and skills required and then do them on their own.

Description:

1. Defense at one end and alternate options when they go back for a puck.
2. Shoulder check, fake turn right, left, counter, wheel.
3. The D to D options; over, reverse can also be done.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150816212955269>

<https://youtu.be/-SvkPcX-6-M>

