

T2 - 5-0 Breakout Options Routine - Russian U20

Key Points:

Coach alternate dumping the puck to each side and also rim or shoot so the goalie handles it. Practice the various breakout options. D to D, D to C, D to W, go, reverse, counter, wheel.

Description:

1. Two units of five wait near the red line to break out of each end.
2. Coach at each end shoot the puck in.
3. Unit of 5 break out using various options.
4. Pass to the coach.
5. Coach shoot the puck in and the other unit break out.
6. Continue rotating and practice the various options.

**This is a good routine to do at the start of practice to review the breakout and get everyone involved.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20150818215750296>

<https://youtu.be/dJ-gmPtTcHM>

