

T2-4 – D100 – BO-RG-Attack 5-5 - U20

Key Points:

Practice team play using this breakout, attack, defend sequence. Any game situation can be practiced and either carry or dump the puck in to practice various scenarios.

Description:

1. Forwards start at the red line and the defensemen at the far blue line.
2. Forwards skate back to the far blue line, defense to red line and coach dump the puck in.
3. Breakout of the zone and pass the puck to the opposition waiting behind the red line.
4. Attack 5-5 vs. the original group of five.
5. On a goal, frozen puck or successful breakout pass the puck to the coach.
6. Coach dump the puck in for the next unit to breakout then defend.

** This sequence can be used to practice game situations from 3-3 to 6-5.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150819081216876>

<https://youtu.be/cfoVYYtC4WM>

