

T2 - Power Play BO-RG Sequence – Pro

Key Points:

Time the skating to be available for a pass. Move the puck up ice quickly. Be there for the touch back on the stretch pass. Enter the zone and pass back to the D on the boards. Support from all three lanes on the regroup. Any power play option can be worked on this way.

Description:

1. Power play unit breakout a puck dumped in by the coach.
2. D1 go back for the puck.
3. F1 swing to D1's forehand corner D2 other corner.
4. F2 either swing low with F1 or come across the high slot.
5. F3 stretch at the far blue line and cut across to get open or post up to touch back.
6. Move the puck up quickly and cross the blue line past the top of the circle.
7. Kick the puck back to the strong side D and set up the power play.
8. Create one scoring chance and coach blow the whistle.
9. Do a second breakout using a different pass option.
10. On the second rep first do a breakout-attack then a regroup-attack.
11. Coach spot a new puck near the far blue line for the regroup.
12. Each group of five do two breakouts then the breakout-regroup rep.

<https://youtu.be/X9unAkVA1QM>

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