

T2-4 - D100 Breakout and Forecheck - U20

Description:

Defenders funnel back from inside to outside. D should check before getting the puck. Talk to each other. Attackers read if F1 can make contact then pressure. If they turn up ice with control then contain.

Key Points:

1. Each team start from their blue line.
2. On whistle defenders skate to the red line and back.
3. Attackers leave when the defenders start back to their zone.
4. Defenders breakout and attackers forecheck.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101214091456609>

<https://youtu.be/ZCIP6olv2IE>

