

## T2 - Continuous - Breakout 4 vs 1 Forechecker - U18 M

### Key Points:

A forward dumps the puck in then forechecks while 4 or 5 defenders skate into their zone to break out. Practice breaking out on one side first and then on either side.

### Description:

1. One Blue F shoot the puck in and forecheck.
2. Red team race back and break out.
3. Red forward who crosses red line dump puck in.
4. Blue team race red forward back.
5. Blue breakout vs one red forechecker.
6. Continue this 1 on 4 or 5 flow each way.

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[https://youtu.be/wWB\\_xvZGFkE](https://youtu.be/wWB_xvZGFkE)

T2 - Continuous - Rotation Breakout 4 vs 1 Forechecker - U18 M

<https://youtu.be/WiL40vULINo>

