

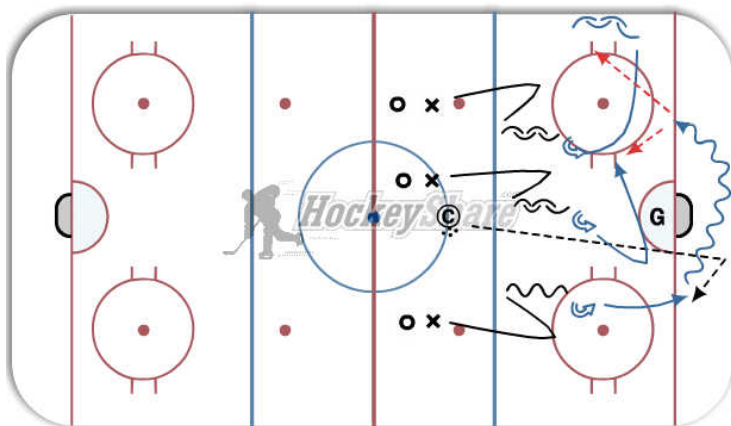


Date: 10/13/11 **Group:** _____
Length: 70 mins
Start Time: 4:15pm **Focus:** Breakout
End Time: 5:25pm **Level:** SQ

| Length | Start | Drill Name | Category | Notes |
|--------|--------|-----------------------|-------------|---|
| 10 | 4:15pm | 3 vs 0 Chaos Breakout | Warmup | Progressions: 1. Eliminate Chaos and skating aspect. |
| 10 | 4:25pm | Quick Pass Flow | Timing | Players must be alert as this moves very quickly |
| 10 | 4:35pm | Wipers 1 vs 1 | Competitive | |
| 10 | 4:45pm | 4 vs 2 Breakout Flow | Systems | Progressions: (RED) 1. 5 vs 1...C forechecks after breaking out. 2. 5 vs 2...W's forecheck after breaking out. 3. 5 vs 3...all F's forecheck 4. Add Regroup...Pass to Coach, Coach pass to retreating D, D to F, F to Coach. |

Notes:

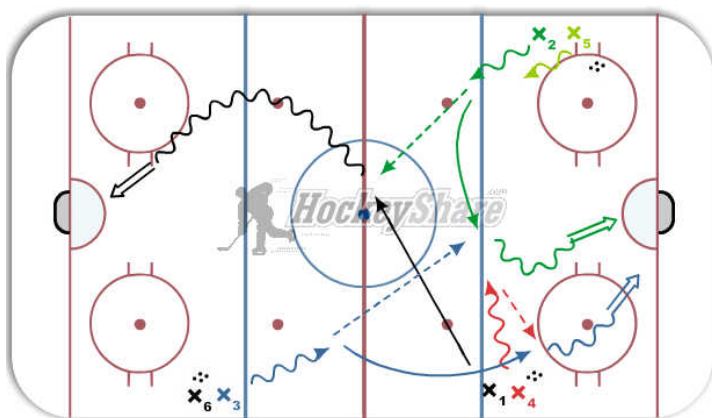
Drill Title: 3 vs 0 Chaos Breakout (1 Diagram)



Three X's skate pattern shown, then breakout on puck spotted by Coach.
Three O's begin on Coach's dump in.
Therefore O's simulate forecheckers.

Key Points: Head up. Find open ice. Create passing lanes. Short passes.

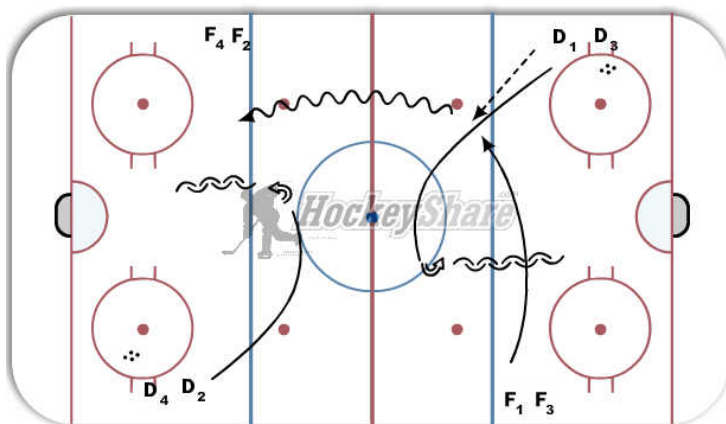
Drill Title: Quick Pass Flow (1 Diagram)



To begin, X1 slash skates thru N-zone, receives pass from X2 and goes length of ice for shot.
After passing, X2 receives pass from X3 and goes near net for shot.
X3 now receives appropriate pass from X4 and continues on in for shot.
X4 repeats becoming X1

Key Points: Timing. Pass to players at speed.

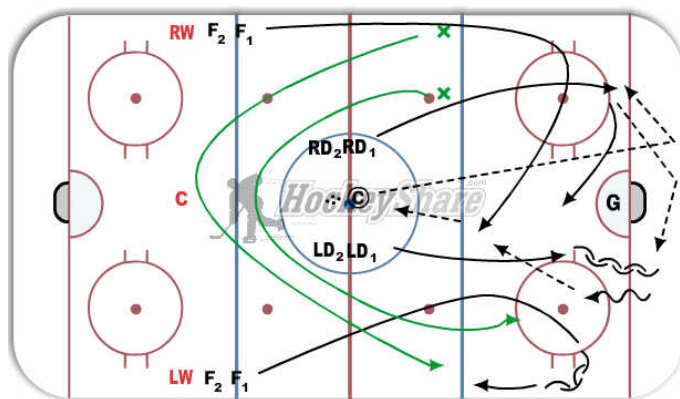
Drill Title: Wipers 1 vs 1 (1 Diagram)



On whistle F1 slashes across ice, receives pass from D1 and attacks D2 1 vs 1.
F2 goes on same whistle, attacking D1.

Key Points: Speed of attack. Close gap. Stick on puck; body on body

Drill Title: 4 vs 2 Breakout Flow (1 Diagram)



1. Game begins with two forecheckers (Green X's) on blueline.
2. Coach dumps puck for F1's, RD1, and LD1 to breakout vs pressure from X's
3. After breakout, pass to Coach and game continues.
4. F1's become new forecheckers, skating around the centre circle before pressuring.
5. F's backcheck, breakout, forecheck, leave.
6. The four man unit begins on the Coach's dump in.

Key Points: Get open. Wall support. Midlane Support. Shoulder check.