

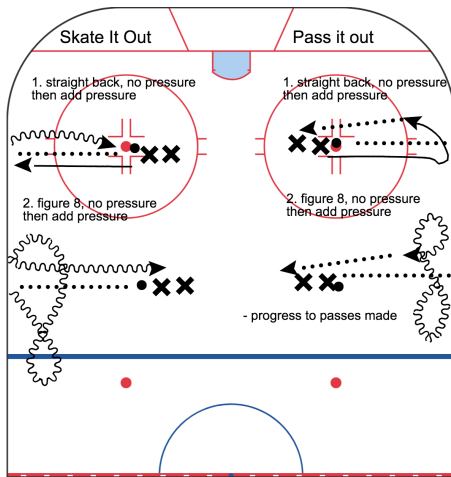


Better Breakouts

Duration: 50 mins

Into Wall Retrieval Progression

10 mins



High repetition drill designed to teach players how to execute better puck retrievals off wall in all areas of ice and what to do next (think a play ahead).

Can be done as 10-15 minute chunk of practice or layer each progression in between other drills (small drill between BIG drills) Players MUST scan before every retrieval (add fingers up or stick up to force decision making).

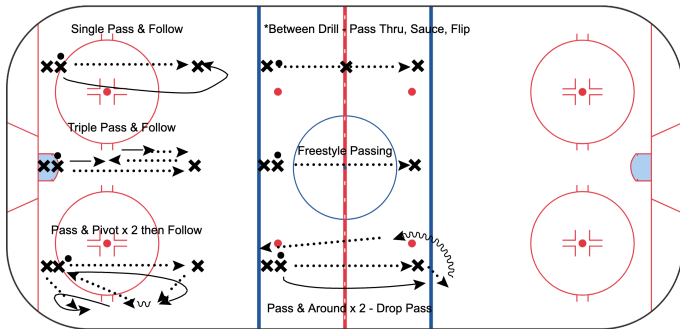
Teach players how to add deception before retrieval (stick, eyes, feet)

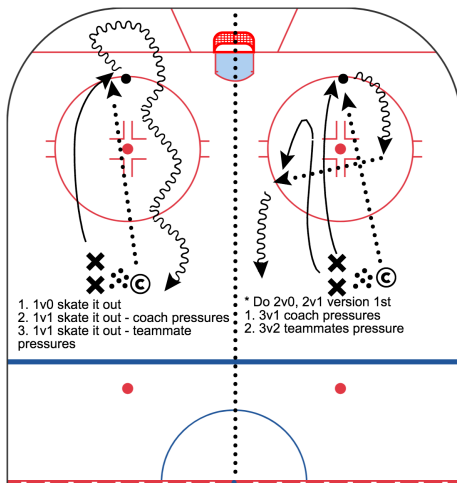
Key Points

- Scanning & Awareness
- Think A Play Ahead
- Effective Deception and Tight Turns

3 Player Pass & Follow Variations

10 mins





Coach dumps puck in to initiate breakout. Start with all players playing all positions (not just for defense).

1. 1v0/1v1 skate it out - player retrieves puck and skates it out above top of circles and inside dot line. Add pressure from coach or teammate which is scripted - defender clearly puts stick on one side or other and puck carrier scans and skates out away from pressure. Progress to full unscripted pressure.

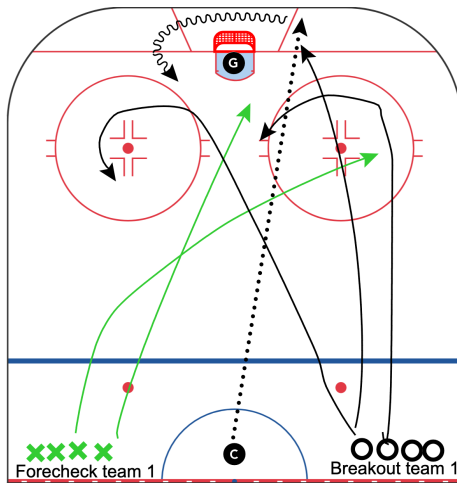
2. 2v0/2v1 versions - 2nd player acts as "backpack" - stays 2 sticks away from puck retriever on initial retrieval. Once puck carrier turns up ice, 2nd player opens up for a 10 foot pass and looks for "give & go" pass to initial retriever. Add unscripted/scripted pressure from coach/teammate.

Once progress to 3v1 & 3v2 versions - can add condition that 2-3 players must touch it on breakout. Can choose to allow breakout team to use half zone or full zone, on 3v2 version can allow 2 forecheckers to attack net if they create a turnover

Key Points

Deceptive and effective retrievals - scanning, fake with stick-eyes-legs, tight turn & crossover out

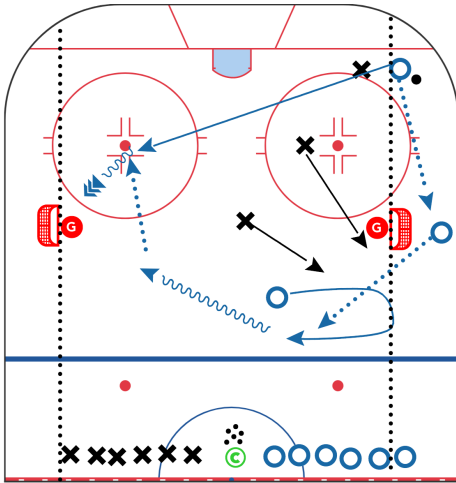
Close "backpack" support once add 2nd player



One coach sends players in to breakout and other coach sends in forecheckers.

Breakout team always has 2 or 3 players breaking out. Forechecking team has 1 or 2 player forechecking.

If breakout team gets it out with possession, they get one point. If forechecking team scores, they get two points.



- Start with the nets higher than a typical cross-ice game to provide more width. Players who are not actively in the game should be at the red line.
- On change of possession, teams must take the puck below their own goal-line (seen here as dotted lines) and breakout before attempting to score on the opposite end.
- To make it easier or allow the players to perform a specific breakout play (D-to-D, reverse, etc.), coaches can require the team without the puck to "tag up" onto own half of the ice before attacking the breakout.

Key Points

- Support the puck carrier by getting into position for a breakout pass.
- Emphasize communication and finding/using open space.