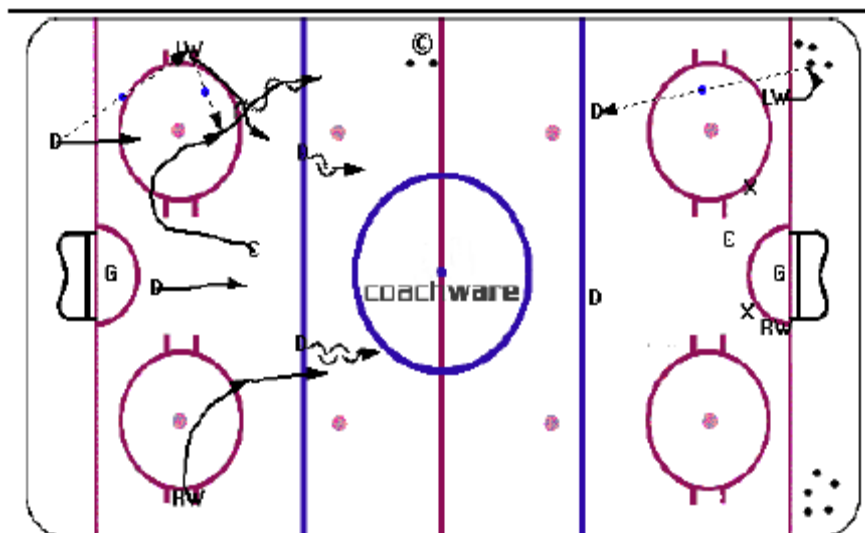


Quick Breakouts - 5 on 2 with 3 Shot



Key Teaching Points

Puck is dumped in and a quick breakout 5-2 is initiated, pass up to F on wall, with C moving into position of support. Weak side winger will come across also in support (when players are comfortable, this weak side winger will eventually be leaving earlier so that they will be in position for a stretch pass). 2 D that were moving puck out of their D Zone, will get into play and a 5-2 will be created. Players will go down ice, attacking net with proper offensive entry (mid lane drive) and get a shot away. Coach will blow whistle and on hearing whistle, offensive players will move into position so that LW moves into corner quickly, gets a loose puck and passes it back to D on that side. C will move into position of screen and RW will move to backdoor position to be ready for pass for easy backdoor goal or rebound. LW passing puck will move back towards D that they passed to so that they are in position to get a return pass from D if necessary. D will shoot puck on net (unless Coach indicates to pass puck to LW). Once shot is made, coach will blow whistle and now RW moves quickly into other corner and gets puck, passing it back to D on their side. C moves into position of screening in front of goaltender and LW moves to position of backdoor. D will shoot puck (unless coach indicates to make pass back to RW coming out of corner). Shot is taken. After this being the third shot, coach will blow whistle to stop play. 2 D defending this 5 on 2 will move up to blueline while the 2 D and 3 F's that had just gone on breakout will all change. New group of F's will breakout of end just played in with the 2 D moving up. The 2 fresh D will defend the 5 on 2. 2 D on defense must move the players out of front of net without taking penalty / clear any rebounds to corner quickly.

Key Execution Points

Tape to tape passes

Communication

Shots on net

Tape to tape passing

1st pass out of D zone

Attacking net in triangulation (mid lane drive)