

Title : Horacek Combination Drill

Category #1 :

Tony Horacek

Category #2 :

Team Flow

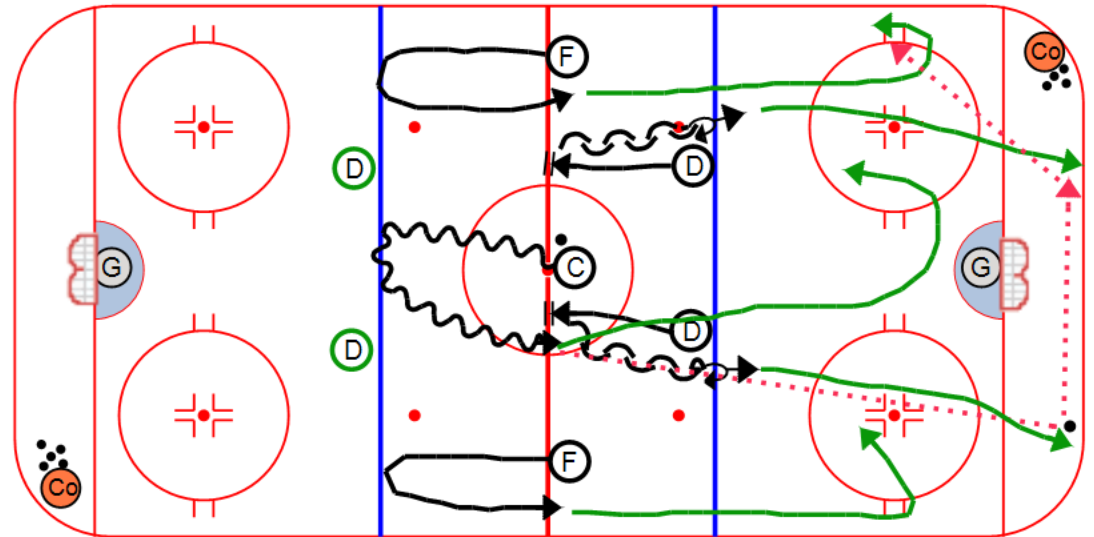
### Description

The drill starts with a 5v0 breakout.

The forwards skate up to the offensive blue line touch up and then back toward the red line.

The D skate to the red line, touch up and then backward to the blue line, turn and retrieve the puck.

The center dumps the puck in and the team executes one of your team breakout plays.



Key points :

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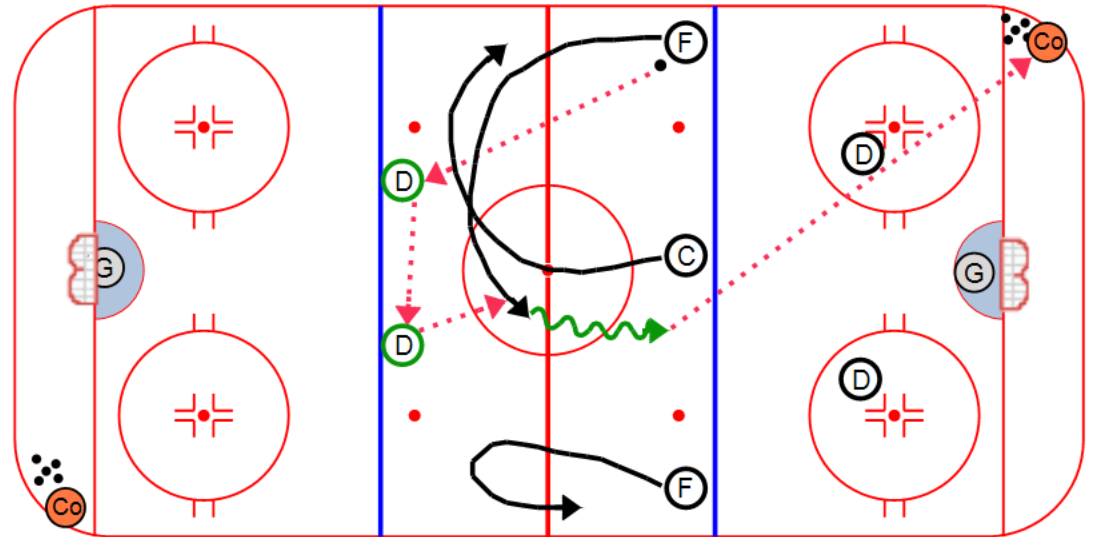
### Description

As the breakout comes to the neutral zone the team executes a regroup with the two Green defensemen.

After the regroup is accomplished the forward with the puck passes to the coach in the corner.

You can have the forwards and D perform multiple regroupings if you want to practice that more.

The two black defensemen exit the ice to the outside and the two green defensemen work with the three black forwards.



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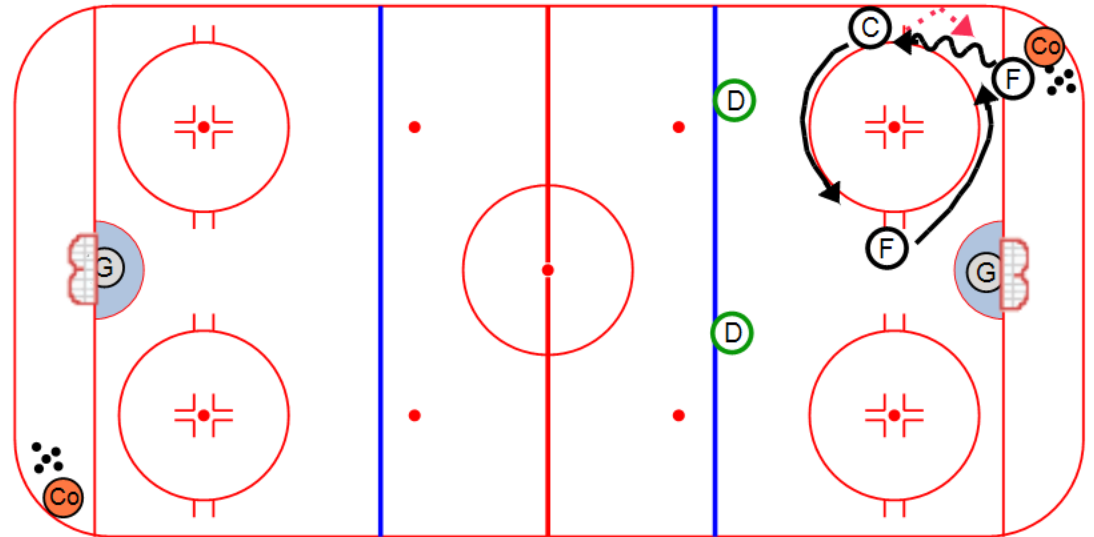
Team Flow

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After the pass is made to the coach in the corner the five players sprint to their forecheck position relative to where the coach has the puck. All five players arrive at their position and stop. The head coach can now make sure everyone is in the proper position for the forecheck.

On the whistle the coach in the corner gives a puck to the forechecker in front of him and the three forwards execute a cycle until the coach blows the whistle again.

Go through the cycle at least once for each player.



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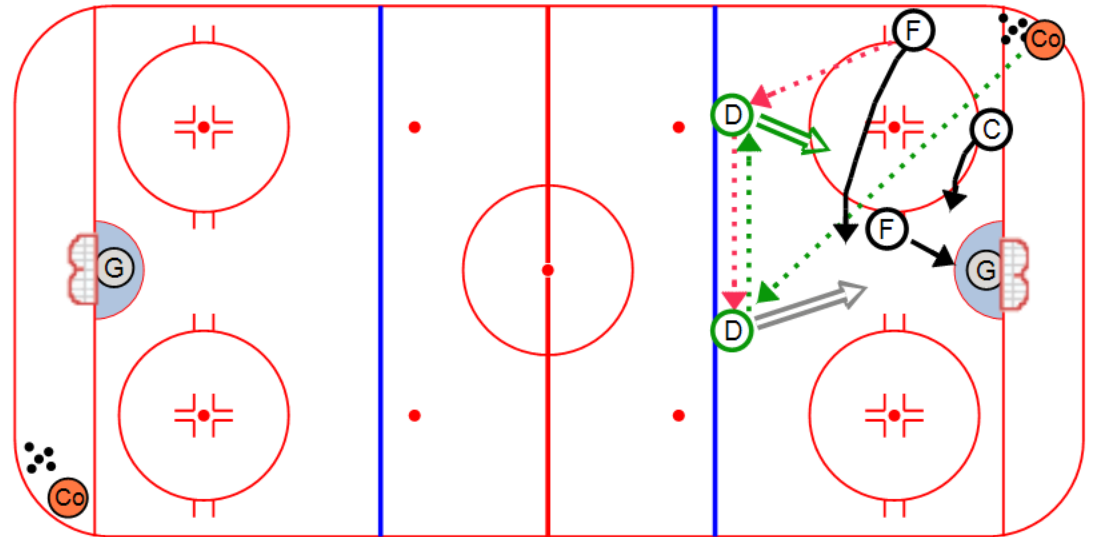
Team Flow

### Description

When the coach blows the whistle the forward with the puck coming through the cycle passes out to the strongside defenseman who goes D2D for a shot. The three forwards get to proper position to screen the goaltender and deflect the shot.

After the shot the coach passes a puck out to the far side defenseman. He passes D2D for a shot.

After the second shot the drill ends and a new set of players starts the drill. Alternate sides so both goaltenders get action.



Key points :