

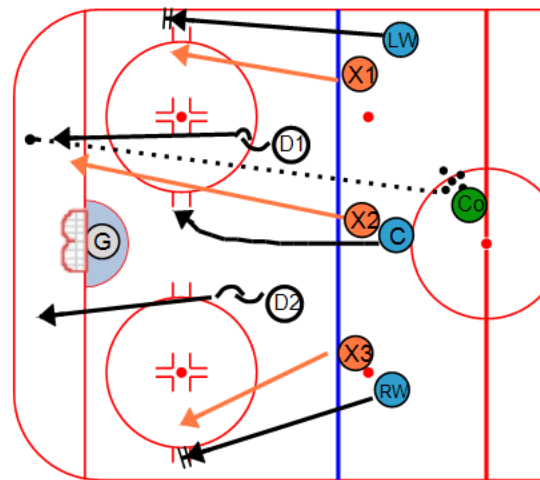
**Description**

The goal of this drill is to work on the D's ability to make good decisions and move the puck properly under hard pressure. This drill can also be used to work the forwards on proper forecheck technique for your system.

Players line up as shown. X are the forechecking line while the blue are the offensive players who will receive the breakout pass.

Coach dumps the puck into the zone and the D have to go back hard to retrieve it with pressure coming. Make sure the D shoulder check and communicate to execute a good breakout. The D can work D2D, Reverse, Right Up or Wheel plays to avoid the forecheck.

This is just a BO drill but you can have the Offense come back into the zone 3v2 with the forecheckers clearing the zone after the BO.



**Key points:**

D Shoulder Check

D Communication

Goalie Communicate w/ D

Good Passes