

Description

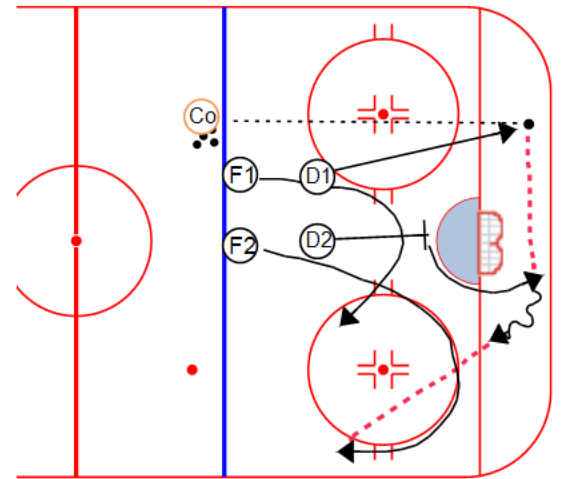
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Three drills to practice the three breakout options

- 1 D2D
- 2 Right-Up
- 3 Reverse

Drill 1: D2D

- 1. Coach dumps puck low
- 2. D1 retrieves puck and performs a D2D pass
- 3. F2 goes to breakout position - F1 supports middle of the ice
- 4. D2 make breakout pass up the wall

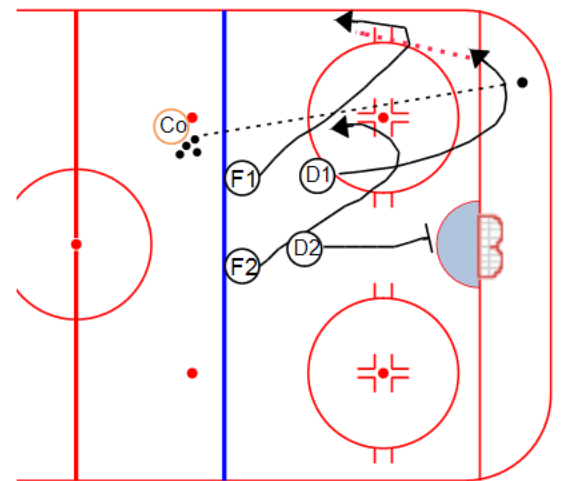


Key points:

Description

Drill 2: Right-Up

- 1. Coach dumps puck into corner
- 2. D1 retrieves puck
- 3. D2 goes to front of net
- 4. F1 goes to breakout position - F2 supports middle of the ice
- 5. D1 performs a "Right-Up"

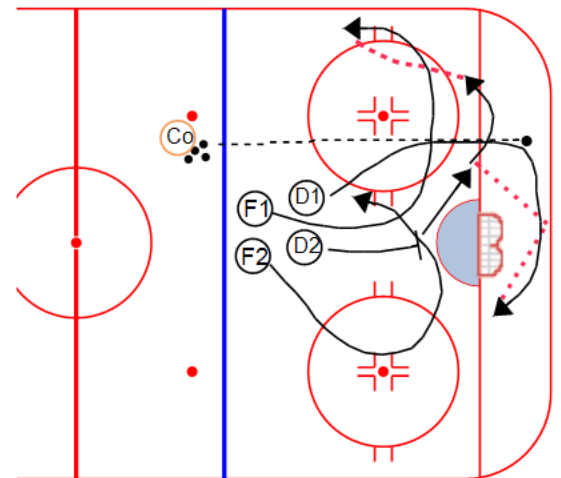


Key points:

Description

Drill 3: Reverse

- 1. Coach dumps puck low
- 2. D1 retrieves puck and performs a reverse pass to D2
- 3. F1 and F2 support the original breakout and then reposition off the reverse D2D pass
- 4. D2 receives pass and moves puck up the wall to F1



Key points:
