

Break-out Skills (Long split)

Objective To work on break-out skills

Key Elements Defensemen: shoulder-check, surround the puck, get your head up, Forwards: support the defenseman with good timing

Organization Nets are both at the same end. Pucks are at the far end.

Players are lined up along the boards on each blue line.

When the first break-out crosses the defensive blue line, the next repetition begins.

Progression:

1. Coach passes to Wing; Coach passes to Center
2. Coach passes to either center or wing (players work on timing)
3. A Player becomes Defenseman and passes to center or wing and follows up into the play

Variations Make the drill a 2 v 1 by having the defenseman stop at the far blue line, skate backward to the red line, turn back forward to his defensive blue line and play the next group of forwards that have just broke out.

Goalie Play line rush and control rebound

