

BREAKOUT DRILLS

LEGEND

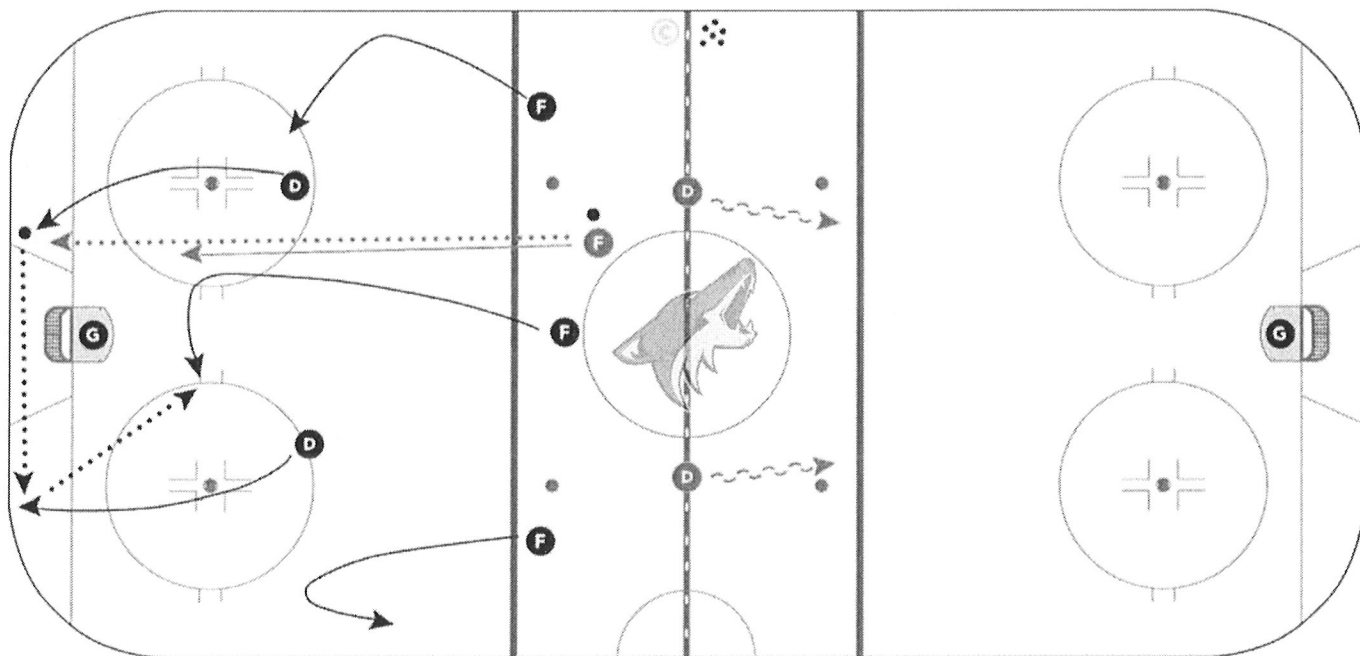
»» Shot	———— Skate
Stop	~~~~~ Skate With Puck
▶ Direction	••••• Pass
↘ No Arrowhead	~~~~~ Backwards Skating
)) Pivot	~~~~~ Backwards Skating With Puck
	Lateral Skating
	— Goalie Padslide
	— Goalie Butterfyslide

BREAKOUTS VS 1FCER INTO 3 VS 2

Category: Breakout

Team: Arizona Coyotes

- Description:**
- 1 FCer dumps puck into zone and forechecks vs 5 players breaking out
 - The 3 **F**s breaking out go 3vs2 against 2 **D** in the NZ
 - After the 3vs2 plays out in opposite zone, one forward comes out to NZ, receives pass from coach, dumps puck into zone and forechecks a new group
 - The two **D** that played the 3vs2 become the breakout D for the new group

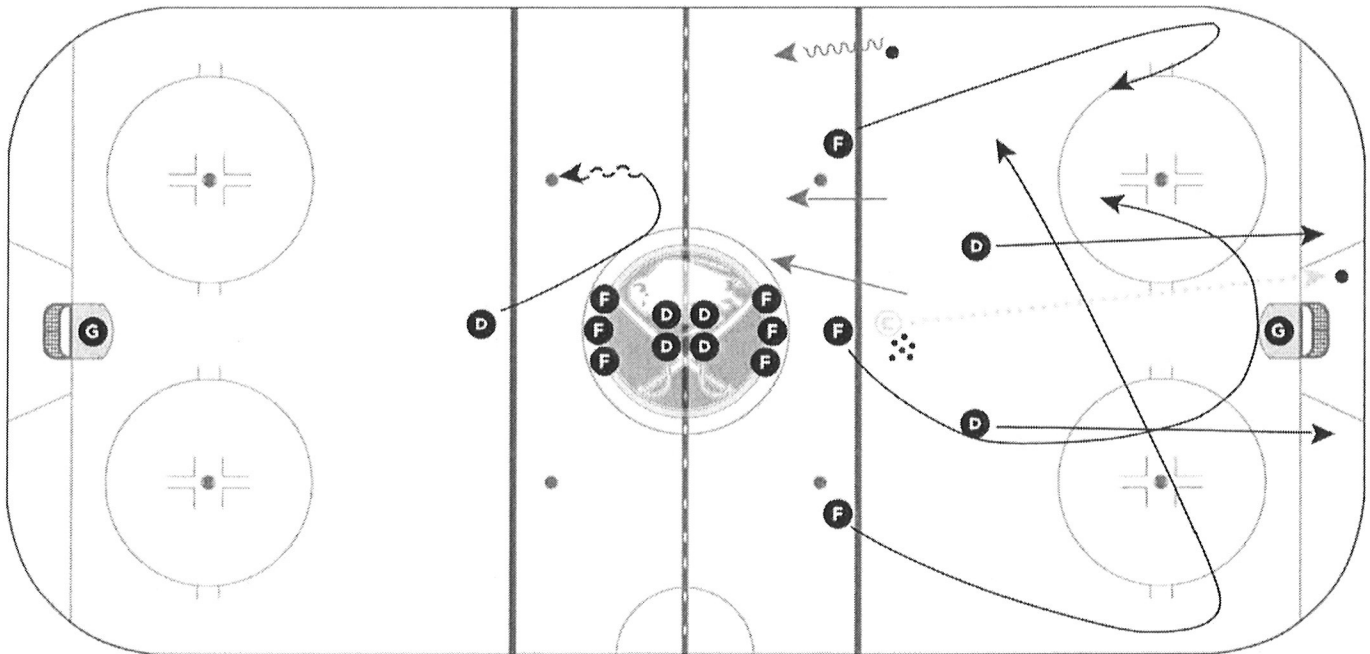


NORWOOD 3 VS 1 / 3 VS 2

Category: Breakout

Team: Buffalo Sabres

- Description:**
- Break out of one side, 2D and 3F
 - C, low through the blue paint — winger slash high to clear zone...
 - D takes on the attacking 3v1
 - Progress to 3v2
 - Coaches will designate a side:
 - Weak-side D-D
 - Strong-side D-D reverse
 - Both ends go at the same time

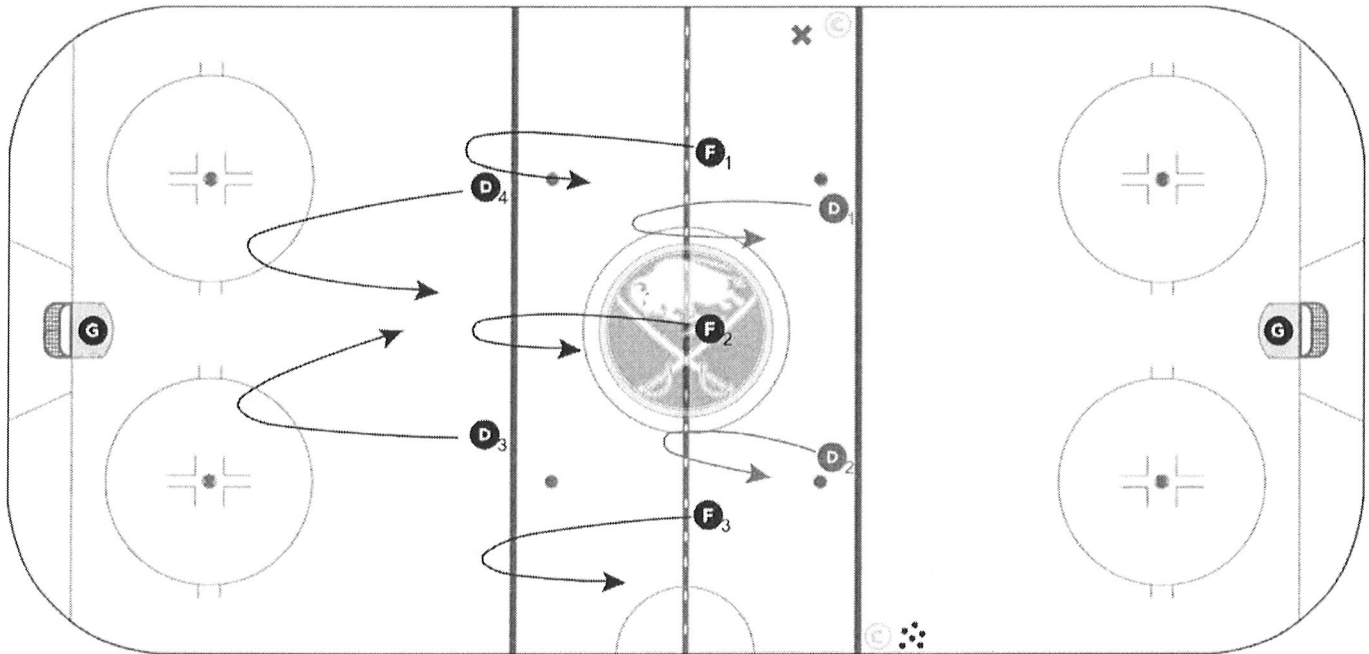


ORTON ZONE 5 BREAKOUTS 5 VS 2 / 5 VS 3

Category: Breakout

Team: Buffalo Sabres

- Description:**
- On whistle, gap up and back for breakout to 5v2 attack
 - Whistle to regroup over blue line to 5v3, backchecker **X** released by coach
 - In zone 3v3 below tops of circles with 2 **D** available at offensive blue line
 - *Point **D** cannot be checked... box out in front only once puck is moved to the point

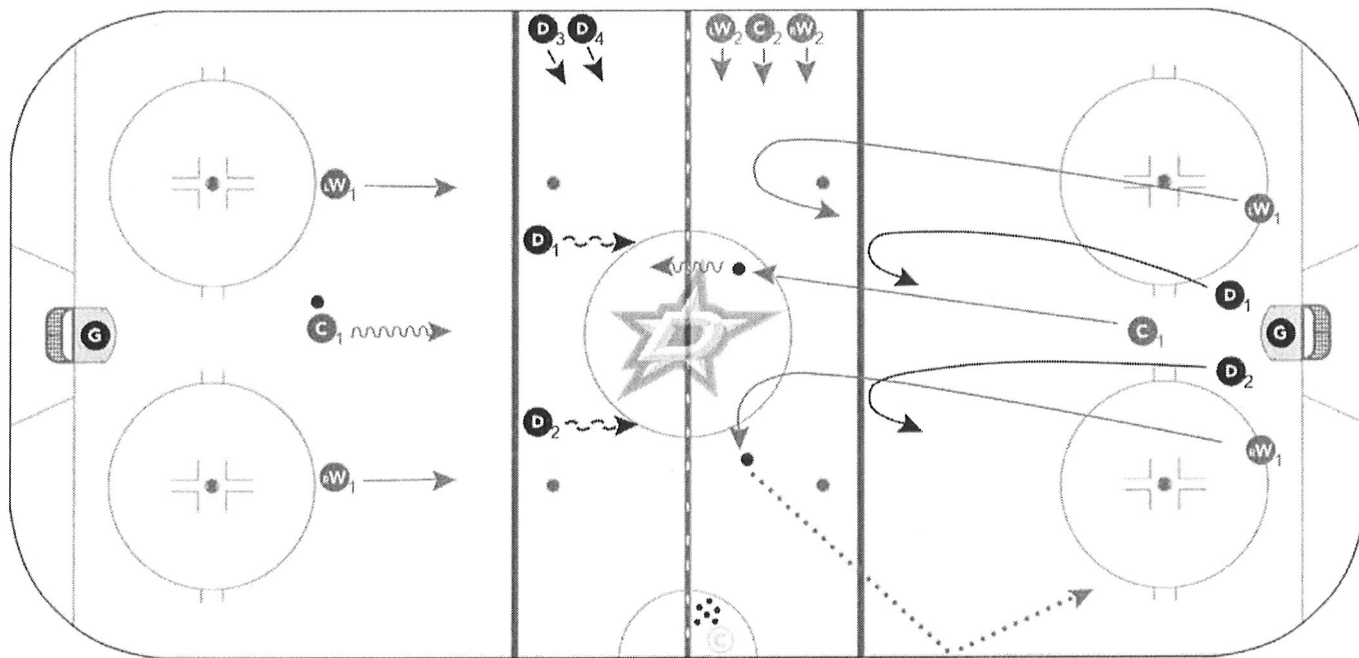


3 VS 2 TOUCH UP FC

Category: Breakout

Team: Dallas Stars

- Description:**
- Drill starts with a 3v2 up ice. Play it out in zone
 - Whistle. Offensive **F**s reloading, **D** gapping up
 - 1st **F** out of zone, takes a spotted puck and goes on a breakaway
 - 2nd 2 **F**s break out of zone, take a second spotted puck, turn back up ice, chip puck and forecheck **D** that gapped up
 - A new line works off walls and enters zone inside of dots, ready to support **D** on breakout

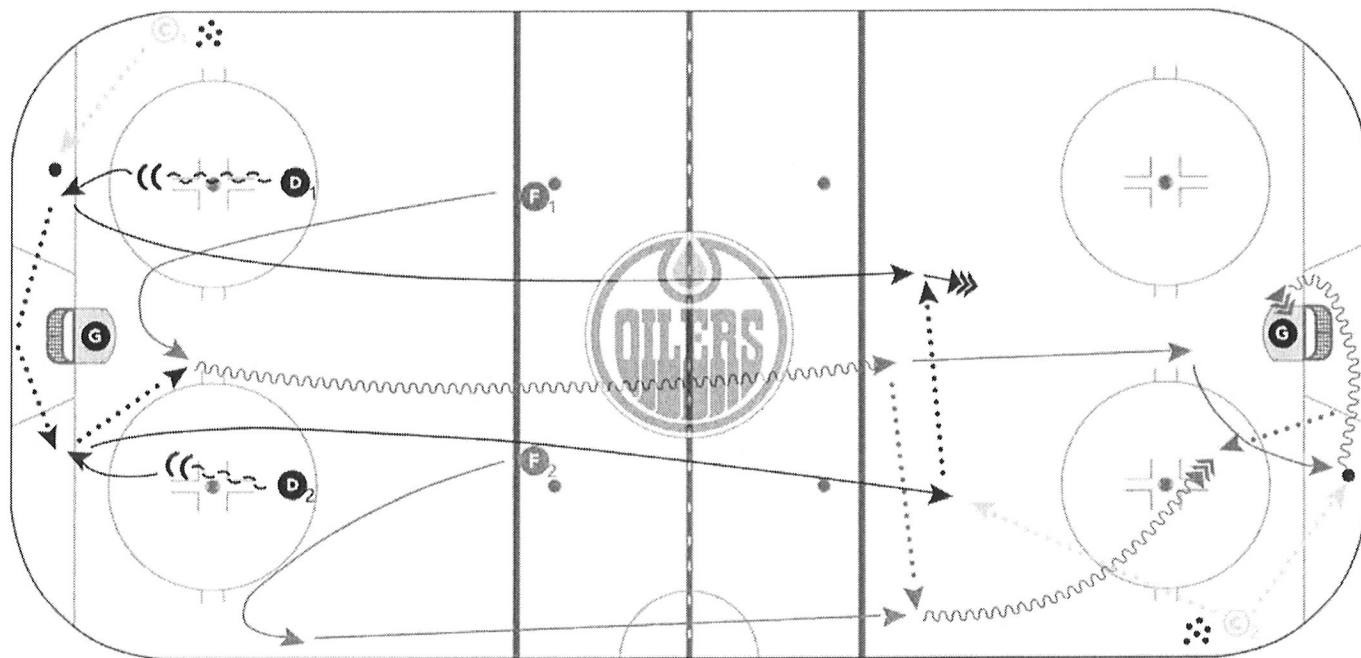


PLAYFAIR

Category: Breakout

Team: Edmonton Oilers

- Description:**
- Coach 1 spots a puck in the corner, the **D** can work all breakouts
 - Here, **D 1** goes D-to-D with **D 2**, who then hits **F 1** in the middle
 - **F 1** drives the middle of the ice and kicks it to **F 2**, who then shoots
 - Coach 2 spots a second puck in corner, where either **F 1** or **F 2** retrieves and either wraps or hinges to the other forward
 - Coach 2 then passes a puck to **D 2** and they move puck D-to-D for a third shot
 - Run drill at both sides of ice simultaneously

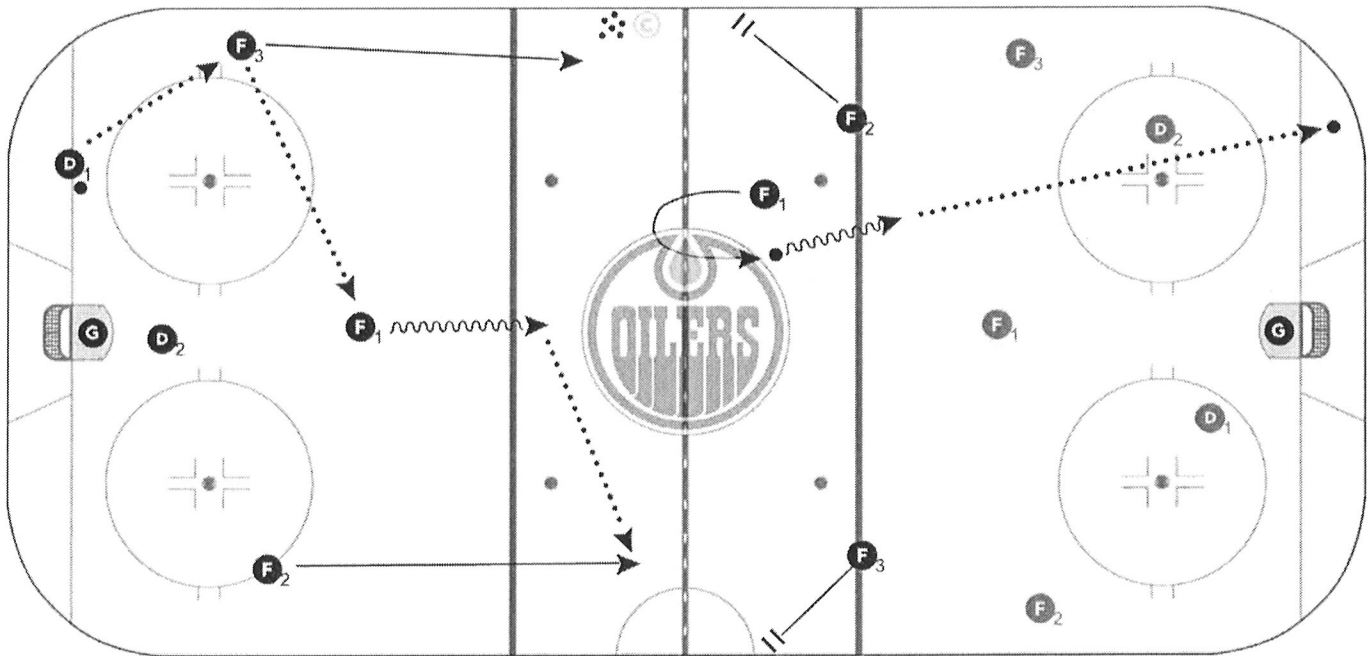


UTICA BREAKOUTS

Category: Breakout

Team: Edmonton Oilers

- Description:**
- **F 1 F 2** and **F 3** breakout with **D 1** and **D 2** and go 5 vs 2 against **D 1** and **D 2**
 - After rush F123 work back out of the zone and pick up a spotted puck in the NZ
 - **F 1** dumps puck in on 5 red and forechecks the next breakout, while **F 2** and **F 3** peel out
 - Drill is continuous — variation is to add two forecheckers

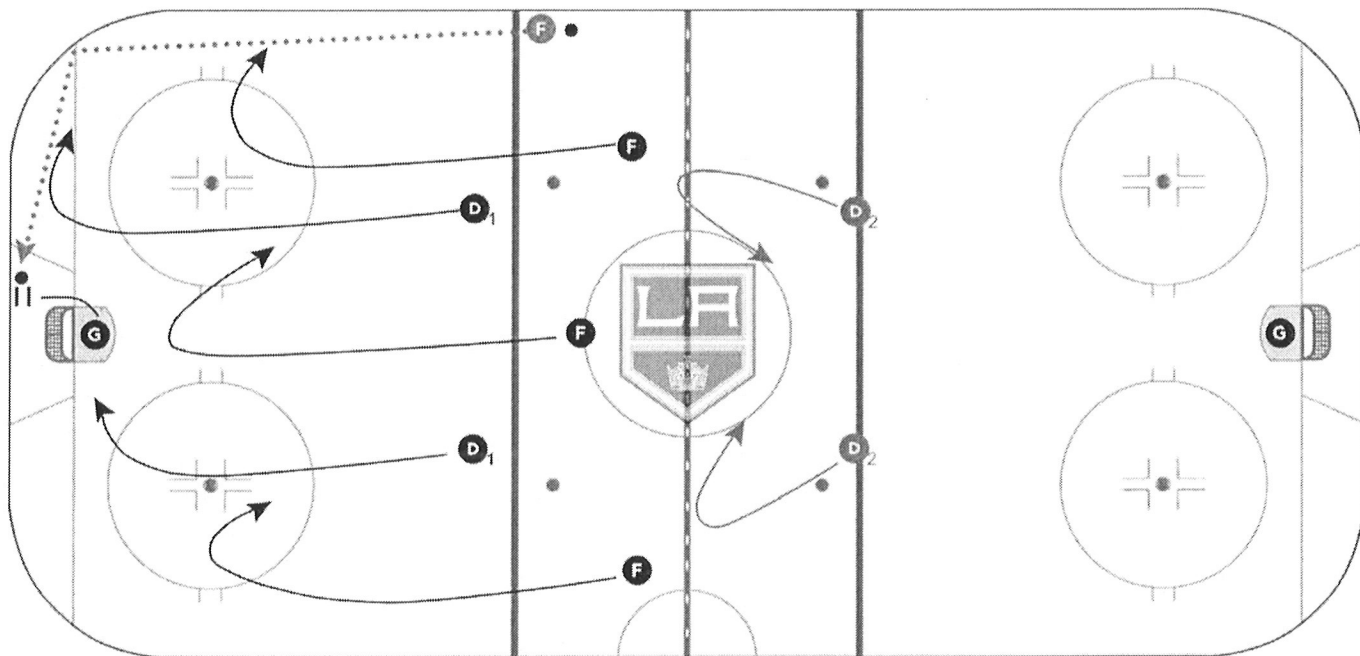


5 VS 2 CONTINUOUS BO/REGROUP

Category: Breakout

Team: LA Kings

- Description:**
- Group of 5 breakout puck and regroup with opposite **D**
 - Regroup with original set of **D** and spot puck into zone for next group
 - D rotation:
 - RG/BO/RG and out
 - F rotation:
 - BO/RG/RG and puck in
 - Chip entries
 - Goalie exchanges
 - New set of 5 ready to jump in on BO puck

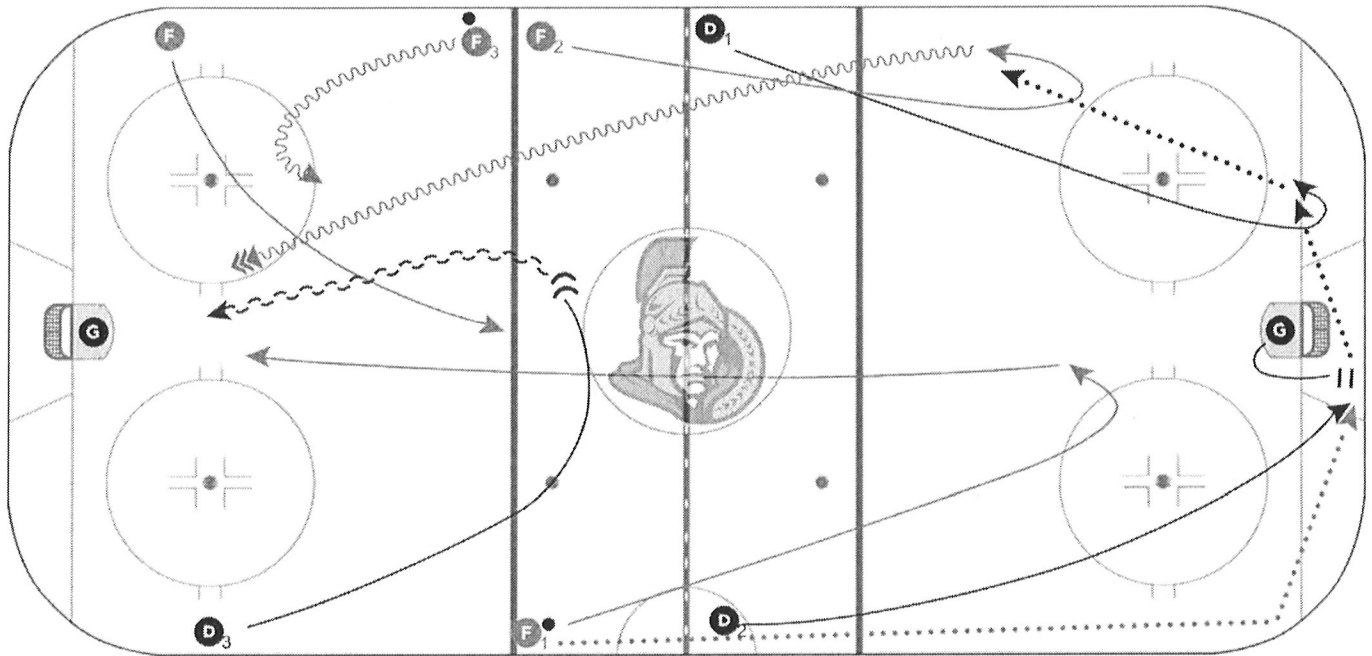


2 VS 1 TO 3 VS 3 DEFENDING RUSH

Category: Breakout

Team: Ottawa Senators

- Description:**
- 2 **F**s and 2 **D** work back for goalie exchange to breakout, with a 2v1 rush attack
 - **D3** will gap up and defend the 2 **F**s 2v1 to net
 - **F3** will follow rush into zone with puck and joins 2 **F**s for attack going back to opposite end
 - Coach will release the checking **F** from boards to back pressure and defend rush with original **D1&2** who have gapped up to take rush on
 - 3vs3 defending rush with hard close from dot to boards and **F** and weak side D, declaring rush responsibilities

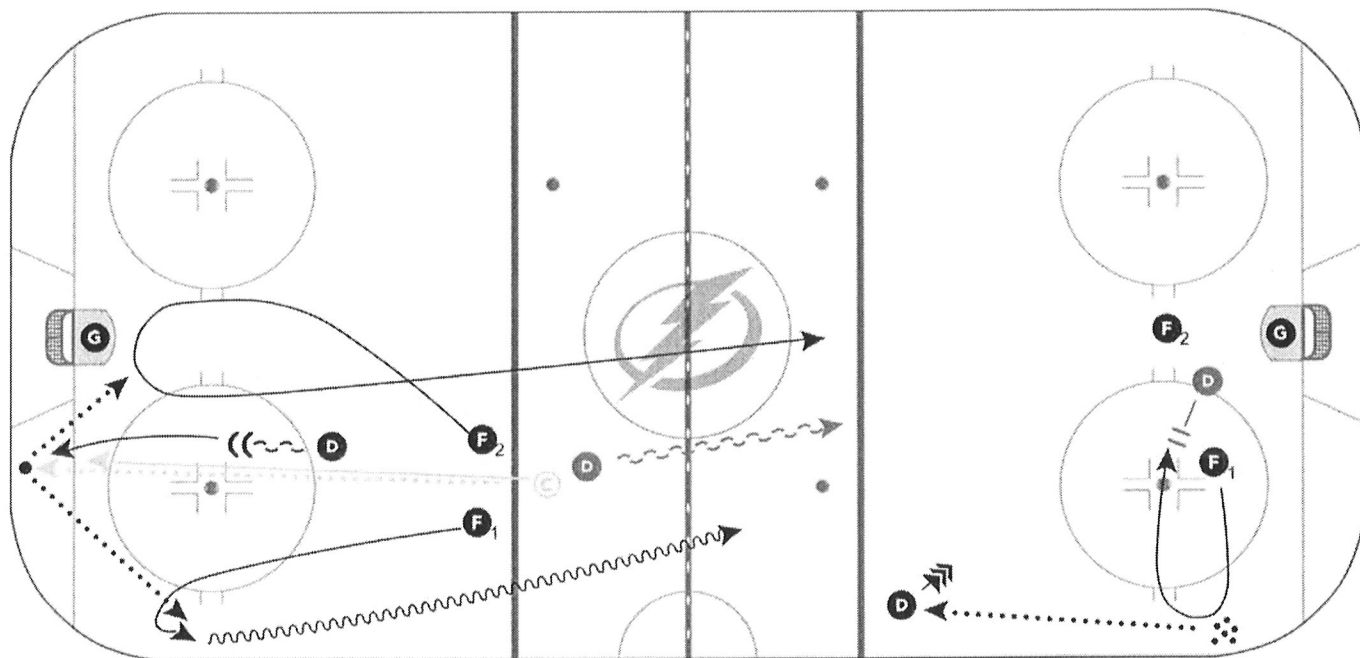


BO FROM CENTER 2 VS 1

Category: Breakout

Team: Tampa Bay Lightning

- Description:**
- Coach dumps puck and forechecks
 - **F**s have to hold up the coach to give **D** time
 - **D** makes a read based on coach and makes a breakout pass
 - **F**s go down 2-1 vs **D**
 - After 2-1, **F** goes to the corner, picks up the puck, and goes low to high to **D** who followed the play
 - **D** shoots with **F** at the net and defending **D** boxing out the net front
 - **Part 2:** On BO, coach pins **D** and **F** comes down and digs puck out



SYRACUSE BO

Category: Breakout

Team: Vancouver Canucks

- Description:**
- Both ends run at the same time (make sure in neutral zone players are staying on their side)
 - Coach dumps puck in corner, **D1** skates back (shoulder checking) picks up puck heads to back of net
 - **D2** recovers to net front, calls reverse and picks up **D1**'s banked off boards puck
 - Fs skate back into zone and **D2** hits middle **F1**. **F1** passes to **F2** on boards and all three **F**s go on a rush opposite end
 - After rush shot coach spots puck in corner, where **F2** picks up and passes to **D1** who walks middle for shot
 - Complete any BO option variations

