

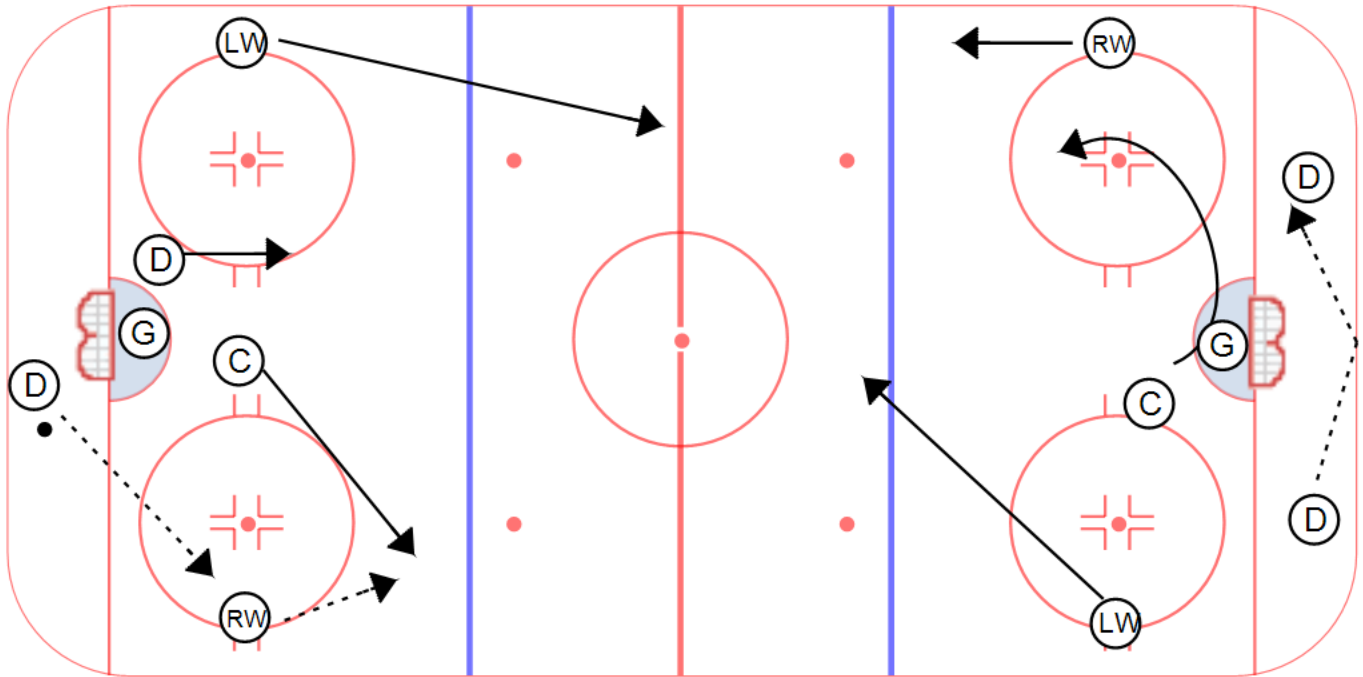
Category #1 : COACHES MANUAL

Title : UP AND OVER BREAKOUTS

Category #2 : BREAKOUT

Content elements :

Components:



Key points :

HEADS UP

COMMUNICATE

PRECISE PASSING

SPEED

Description

UP:

- The simplest breakout, if there is no pressure up the wall you make a quick hard pass to the winger on the wall and the centerman curls to the middle of the ice for a pass or a chip off the wall.

OVER:

- With the wall closed off make an easy out pass to your defense partner behind your net where he then will proceed to play the puck up the wall to the winger who has options on the weak side of the ice. Very similar to an up breakout once the over pass has been completed.