

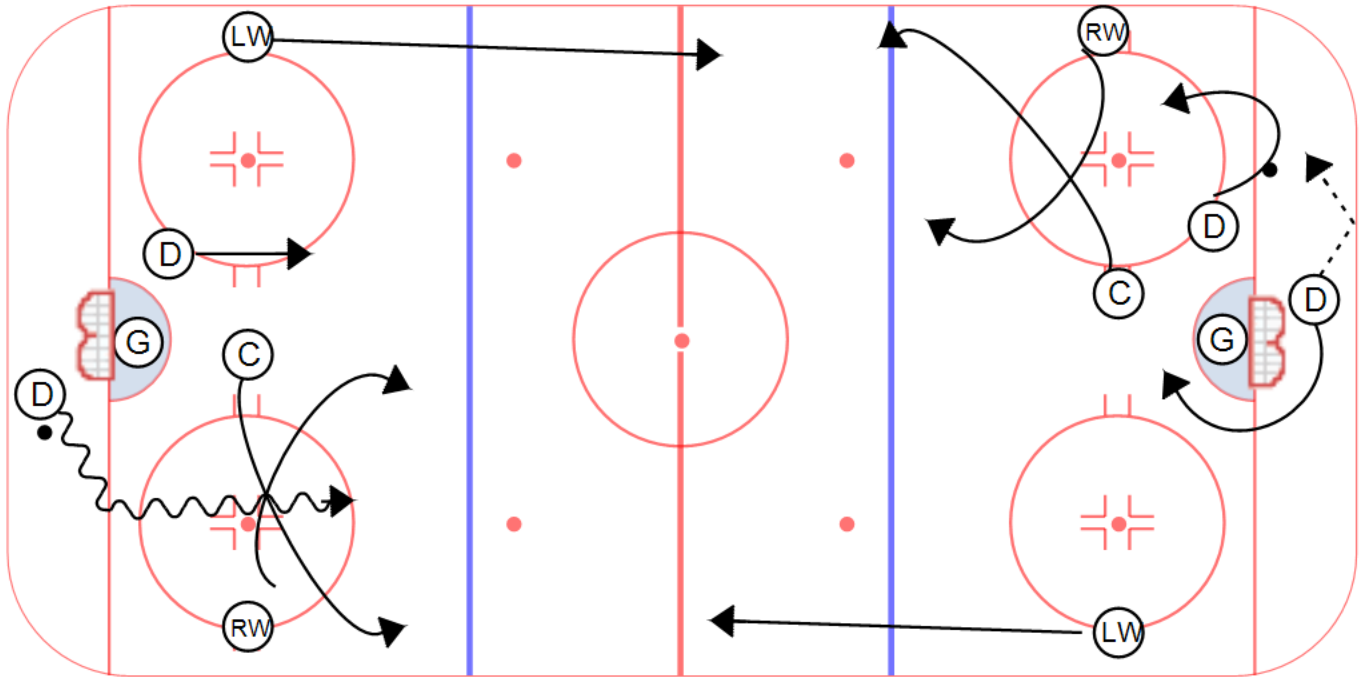
Category #1 : COACHES MANUAL

Title : WHEEL AND REVERSE BREAKOUTS

Category #2 : BREAKOUT

Content elements :

Components:



Key points :

COMMUNICATION

SPEED

ACCURACY

HEADS UP

### Description

#### WHEEL:

- The wheel breakout is a simple drill where the defenseman decides that he doesn't have a good passing lane and skates the puck out the zone at a high speed. His head must be up at all times to see a potential passing lane open up.

#### REVERSE:

- A defenseman is carrying the puck behind the net looking to wheel when he sees a forechecker coming from around the net in which case he passes the puck into the corner for the defenseman in front of the net to pick it up and carry it up the ice looking for options. This is a great way to remove one forechecker at the very least from pressuring you.