

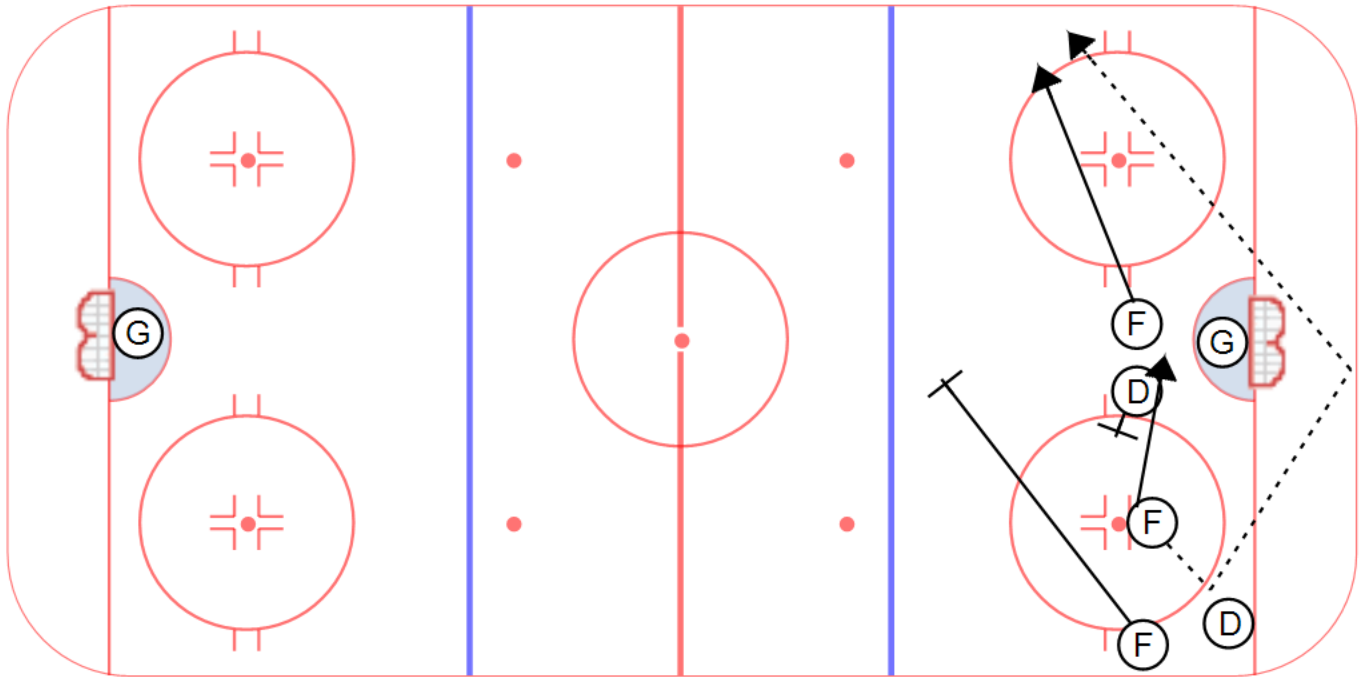
Category #1 : COACHES MANUAL

Title : QUICK BREAKOUT

Category #2 : DEFENSIVE ZONE FACEOFF

Content elements :

Components:



Key points :

WIN FACEOFF

WINGER AND DMAN
BLOCK OUT

DMAN HARD RIM OR
PASS

FORWARD HARD TO THE
WALL

Description

DEFENSIVE ZONE QUICK BREAKOUT:

- The center must win the draw back to the defenseman, where he as quickly as possible moves the puck to the weak side where the winger will be waiting for the puck.
- He then either carries the puck out the zone or dishes the puck to the centerman who is coming in support after winning the draw.
- Center follows the puck to provide low support.
- Weak side winger provides high support.