

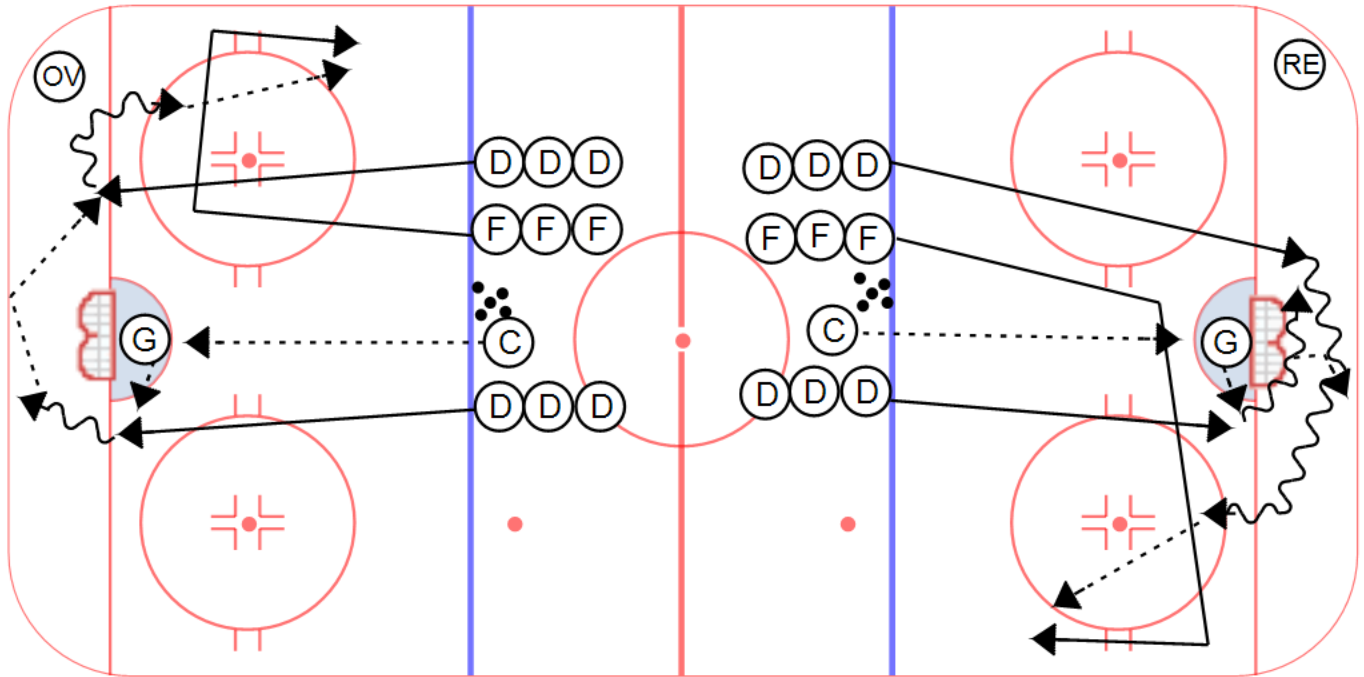
Category #1 : COACHES MANUAL

Title : OVER AND REVERSE

Category #2 : BREAKOUT OPTIONS

Content elements :

Components:



Key points :

FORWARDS SKATE
INSIDE OUT

DONT LEAVE PUCK TOO
EARLY

FOLLOW AND SUPPORT
PASSES

COMMUNICATION

Description

OVER (D to D):

- The coach will shoot the puck on net where the goalie will direct the play by handing the puck off to the defenseman coming down the ice, he will wheel behind the net and make either a direct or indirect pass to his defensive partner who is opening up behind the net as an option. The defenseman receiving the pass has an option up the wall for a pass.

REVERSE:

- Coach will shoot the puck on net where the goalie will direct the play by handing the puck off to the defenseman coming down the ice. He will skate behind the net and hear for a communicated reverse call. At this point he will drop the puck back and continue wheeling up the ice as if he has control. Meanwhile his defense partner who called for the play will be swinging behind the net looking for and picking up the dropped puck. He will then make a quick play up the side boards for an easy exit out the zone on the weak side.

Progression: Have the forwards circle outside the blue line then attack 2 vs 2.