

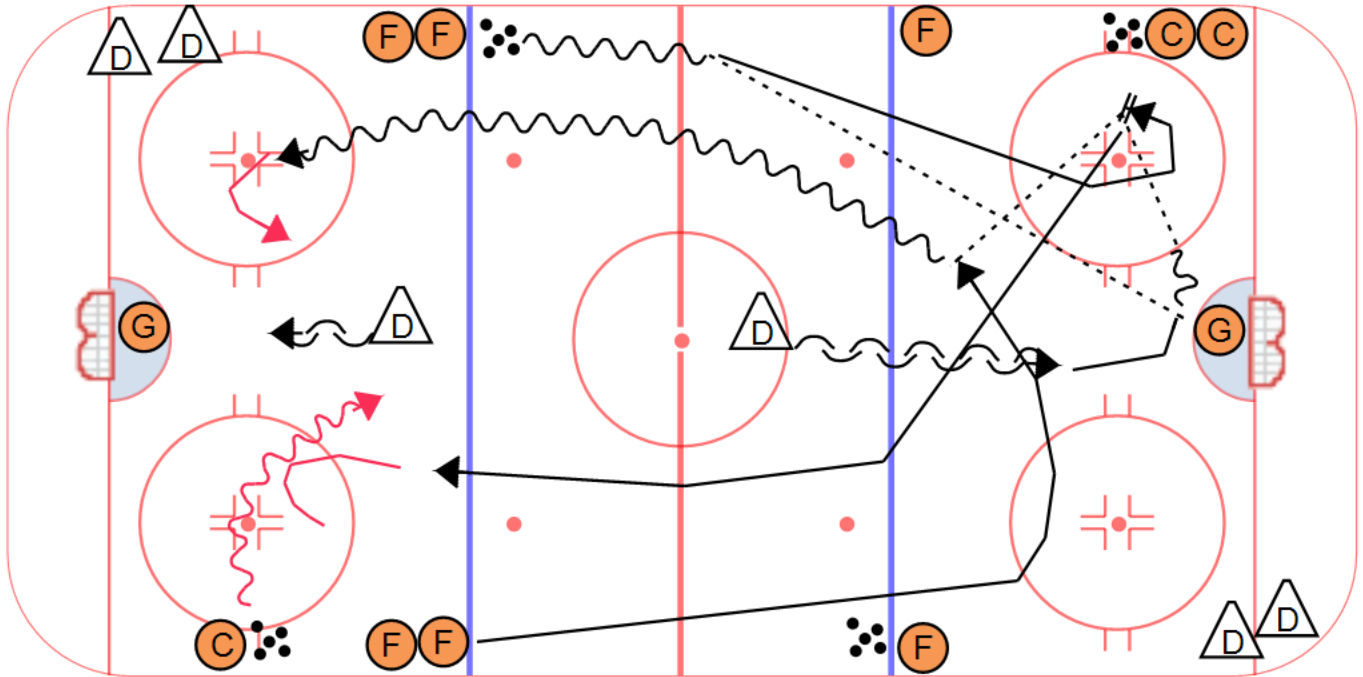
Category #1 : COACHING MANUAL

Title : 2 vs 1 and 3 vs 2 with breakout

Category #2 : CREATING OFFENSE

Content elements :

Components:



Key points :

support positioning

puck movement

execution of attack options

communication

Description

This drill is designed to make players think quickly while executing hockey tactics. It can be modified as needed.

On the whistle the Fs skate towards one end and when they cross center line the puck is passed to the goalie. The defenseman can take the puck or the goalie can play the puck up for a breakout. The 2 forwards attack down the ice 2 vs 1. Following the 2 vs 1 the centerman jumps out with a puck and the line goes back 3 vs 1 or a second defenseman can be added to create a 3 vs 2.

Encourage the options for attacking on the 2 vs 1 and 3 vs 2.