

BREAKOUT DRILL

OBJECTIVE

To improve coordination and competence of a team's clearing skills.

SPACE/EQUIPMENT

- Half-field
- Balls

PLAYERS NEEDED

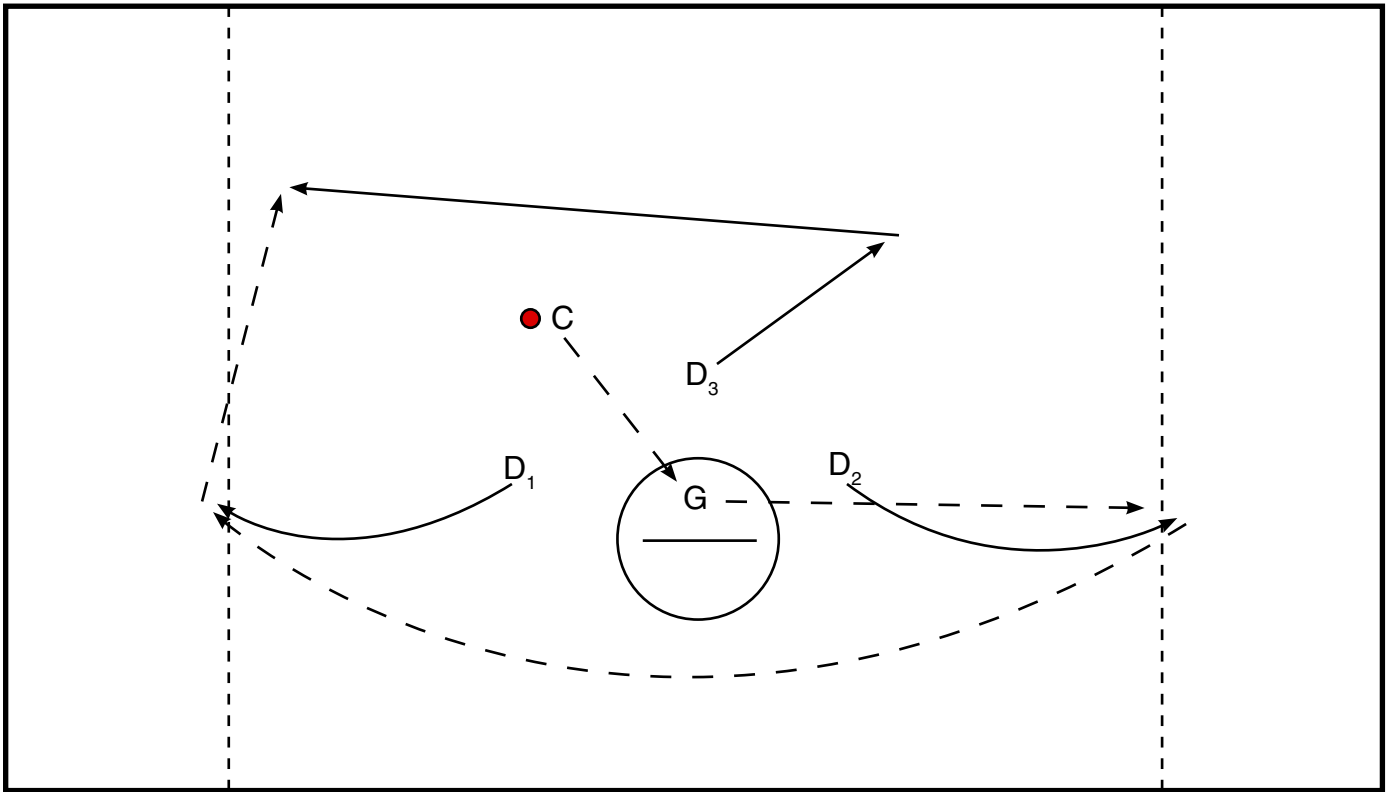
The first variation of this drill should include no more than 6-8 players, plus a goalie. And, the second should include no more than 15-18, plus a goalie. If riders are added, these numbers can be doubled.

There are two versions of this drill, both of which can be very helpful:

1. Without midfielders: Start three defensemen around the crease and a goalie in the cage. On a coach's shot, two of the defensemen break out to the goalie's wings and the third stays put by the crease. The goalie outlets the ball to one wing defender who starts to head up-field. The third defender breaks up the field in front of him, looking for a pass. The defender with the ball then rolls back and re-directs the ball across the field. The middle defender adjusts his cut and heads-up field in front of the second wing defender. The second wing defender receives the pass, heads up-field, and throws the ball to the middle defender who carries it over mid-field.

2. With midfielders: Start six defensive players (three defensemen and three midfielders), along with a goalie, around the crease as if they were playing defense. Coaches can pass a ball between them forcing the defense to adjust positions accordingly. On a coach's shot, all defenders break out (one defenseman to each wing and one in the middle, one midfielder to each corner of the midfield and one straight up towards the face-off X). The goalie outlets the ball to one side. The defenseman on that wing receives it, looks up-field, and re-directs it to the opposite side. As the ball is re-directed all players cut and adjust their position to create passing lanes. The second wing defenseman and passes it to the middle midfielder coming back to the ball. He turns up-field, and passes the ball to the corner midfielder on the same side.

DRILL-EXECUTION



SKILLS PRACTICED

- Breaking out, maintaining spacing, and coming back to the ball

**VARIATIONS/PROGRESSION
GOALIE INVOLVEMENT**

To increase the challenge of the drill, add riders (either coaches or other players – start with two and, as clearing proficiency increases, add more) to cover the clearers. To increase the competitiveness of it, keep score as you add riders.

Full

RELATED DRILLS

- Fluxcapacitor
- Full-field Clearing
- 1-on-1s Up the Wing