

Hockey PEI

Practice Purpose: Simplifying the Breakout

Date:

Drill Focus

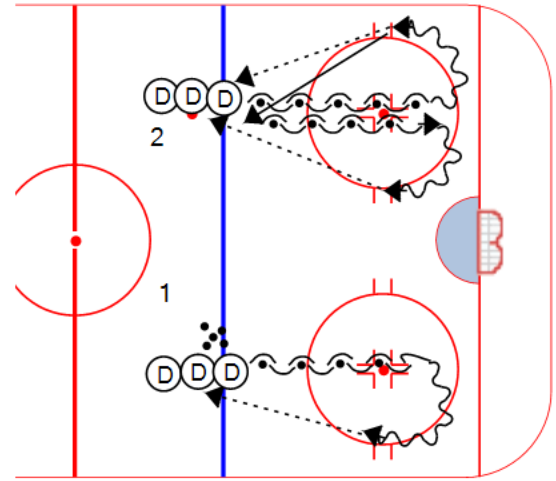
Simplifying the breakout - Building Into Progression
 Breaking down the components of the breakout for all levels of players
 *Quick ups * D to D *Reverse
 The breakout often the first step in creating offense - D must make good 1st pass

Key Points	Key Points	Key Points
Reading the play	Communication amongst players	Good passing

Drill no. : 1 **Duration :** _____ **Minutes** **From :** _____ **To :** _____
Title : D skating & passing - 3 Part **Category #1 :** **Category #2 :**

Description

Single line of D
 1. D backpeddles straight back with puck. At faceoff dot, quickly slides to his forehand or backhand towards hashmark. At hashmark, makes quick headman pass to next D in line.
 Progression
 2. D backpeddles straight back with puck. At faceoff dot, quickly slides to his forehand or backhand towards hashmark. At hashmark, makes quick headman pass to next D in line. Skates quickly back up to front of line, gets puck and repeats drill, only to slide in opposite direction



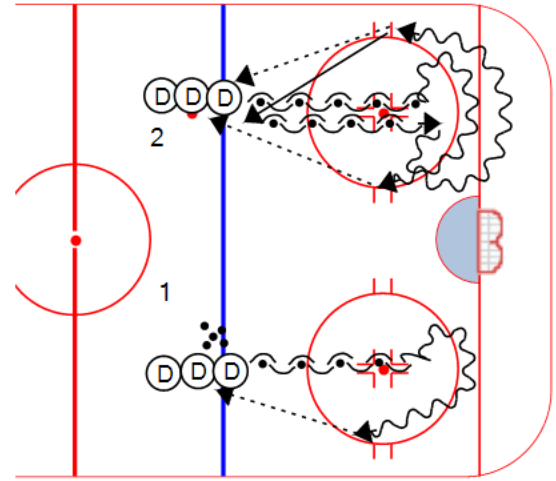
Key points:

good footwork	passing to target
head up	acceleration up ice

Drill no. : 2 **Duration :** _____ **Minutes** **From :** _____ **To :** _____
Title : D skating & passing - 3 Part (s) **Category #1 :** **Category #2 :**

Description

Single line of D
 1. D backpeddles straight back with puck. At faceoff dot, does an escape move to his forehand or backhand towards hashmark. At hashmark, makes quick headman pass to next D in line.
 Progression
 2. D backpeddles straight back with puck. At faceoff dot, does an escape move to his forehand or backhand towards hashmark. At hashmark, makes quick headman pass to next D in line. Skates quickly back up to front of line, gets puck and repeats drill, only to do an escape move in opposite direction



Key points:

good footwork, tight turns	passing to target
protect puck	acceleration up ice

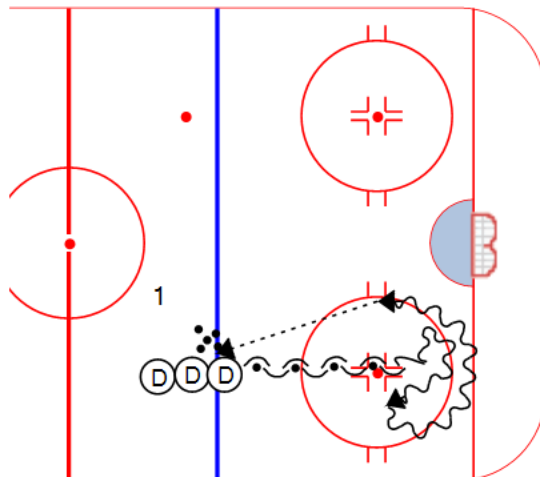
Drill no. : 3 Duration : _____ Minutes From : _____ To : _____

Title : D skating & passing - 3 Part (s) Category #1 : Defense Category #2 : Passing

Description

Single line of D
 1. D backpeddles straight back with puck. At faceoff dot, does an escape move to his forehand, then quickly performs second escape move to backhand. At hashmark, makes quick headman pass to next D in line.

Alternate going backhand first, then forehand second next time



Key points:

good footwork, tight turns	passing to target
protect puck	acceleration up ice

Drill no. : 4 Duration : _____ Minutes From : _____ To : _____

Title : Defense 2-Man Quick Up Category #1 : Defense Category #2 : Quick Up

Description

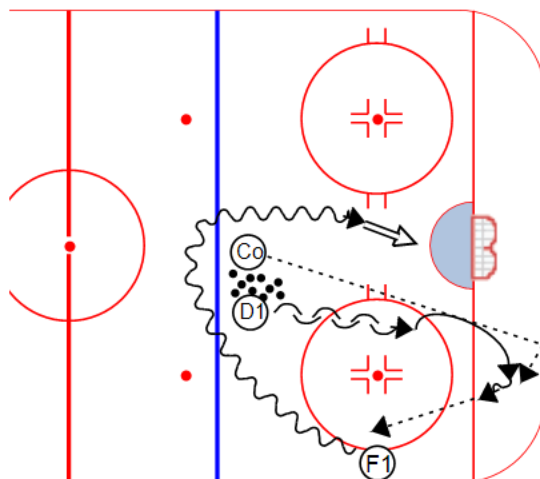
Coach softly dumps puck into corner.

D1 backpeddles then pivots forwards taking a good angle to puck. Before getting to puck looks to see where his outlet pass will be.

D1 retrieves puck, takes stride in direction puck will be passed, and makes quick, hard pass to F1 positioned along boards.

F1 makes that he is breaking out of zone, curls around lines of players and coach and drives back into zone for shot on net.

Option: Can have D follow pass and player and play quick 1 on1 back to net.



Key points:

look before getting puck	Communicate
good pass	good pivoting

Drill no. : 5 Duration : _____ Minutes From : _____ To : _____

Title : D to D & Shot Category #1 : Defence Category #2 : Passing

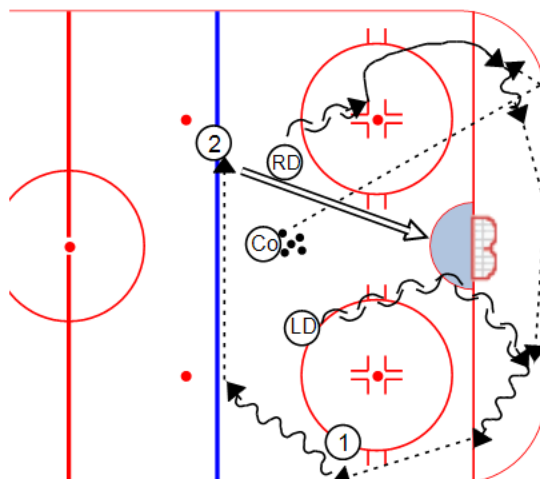
Description

*Coach dumps puck into corner. RD backpeddles and pivots to retrieve puck. D partner goes to front of net, sees opportunity to provide passing option in far corner, skates into position and yells for pass.

*LD makes D to D pass behind net.

*RD moves feet up ice and makes pass to D (1) at near side hashmark position.

* D (1) skates to blueline and makes D to D pass to partner (2) for quick shot on net.



Key points:

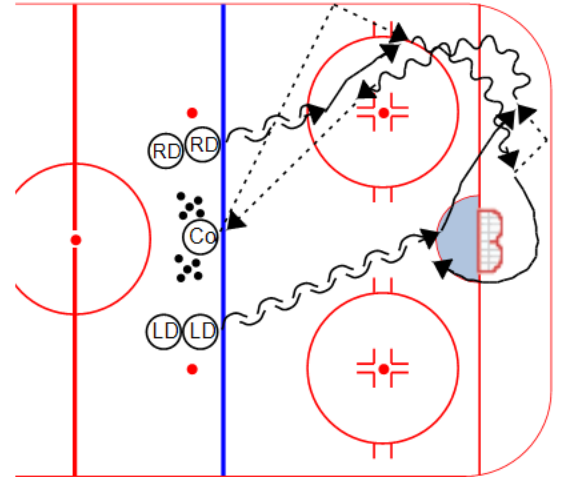
Communication	Head on swivel
Passing	hard, low shot

Drill no. : 6 Duration : _____ Minutes From : _____ To : _____

Title : D to D Reverse Category #1 : Defencemen Category #2 : Breakout

Description

Coach passes puck off boards near hashmarks
 *RD back peddles towards the puck, pivots, retrieves the puck and begins to skate behind the net.
 *LD backpeddles to front of net and calls "man on" to D partner.
 *Feeling pressure, RD reverses puck towards the corner and assumes position in front of net.
 *LD skates to corner and retrieves the puck and breaks up ice making hard pass to Coach.
 Drill continues out of other corner



Key points:

Communication	quick feet
Timing	Protect puck

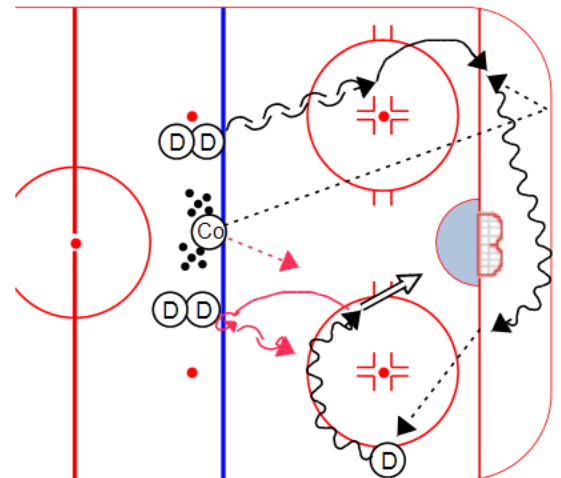
Drill no. : 7 Duration : _____ Minutes From : _____ To : _____

Title : Behind the Net Breakout Category #1 : Defencemen Category #2 : Breakouts

Description

Coach dumps puck into corner.
 *D backpeddles and turns to retrieve the puck.
 *D gets the puck and skates behind the net and makes breakout pass to D standing on the hashmarks.
 *D receiving pass skates around top of circle and takes quick shot on net.
 *D then turns, skates to blueline, pivots backwards and commences drill out of other corner.

Option: Have F positioned along wall to receive pass and take shot on net, and have D follow pass and play quick 1 on 1



Key points:

Quick Feet	pivoting
Passing	quick release shot

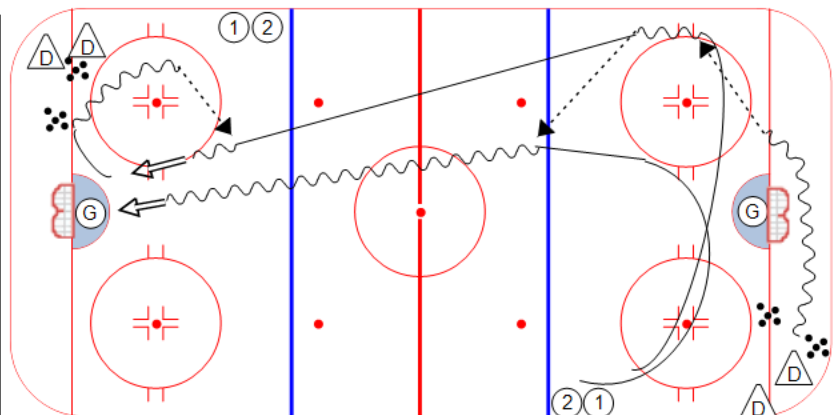
Drill no. : 8 Duration : _____ Minutes From : _____ To : _____

Title : 2 on 0 Breakout Drill Category #1 : Breakouts Category #2 : Breakout Drill

Description

**Drill starts on the whistle. Both ends at the same time.

A Δ skates behind the net with a puck. Two forwards breakout. ① goes to the boards and ② supports through the middle. The Δ makes a pass to the boards. ① passes to ② in the middle. ② takes a shot on the \textcircled{G} . After the shot, ① picks up a new puck and makes a pass to ② for a second shot.



Key points :

Communication	Solid passes		
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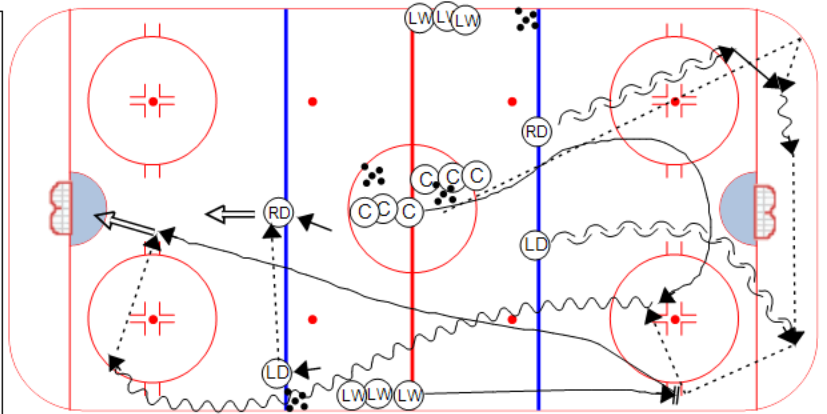
Drill no. : 9

Duration : _____ Minutes From : _____ To : _____

Title : Left/Right Wing Breakout Category #1 : Breakout Category #2 : Transition

Description

Puck is dumped into D zone.
*D make play on puck and make D to D pass if puck dumped far corner or reverse if dumped near corner.
*Puck broken out same side every time in drill.
* Pass to winger or centre then passed to other.
*Attack down ice 2 on 0, driving wide, then pass to driving support forward.
* D jump up ice, get puck at blueline, make D to D pass. D receiving puck has to move to avoid potential shot blocker.
*Shoots thru screens or finds open man off one of the posts.
* One forward must screen, other has to get open



Key points : fundamental breakout passing and support gaining offensive zone scoring opportunities

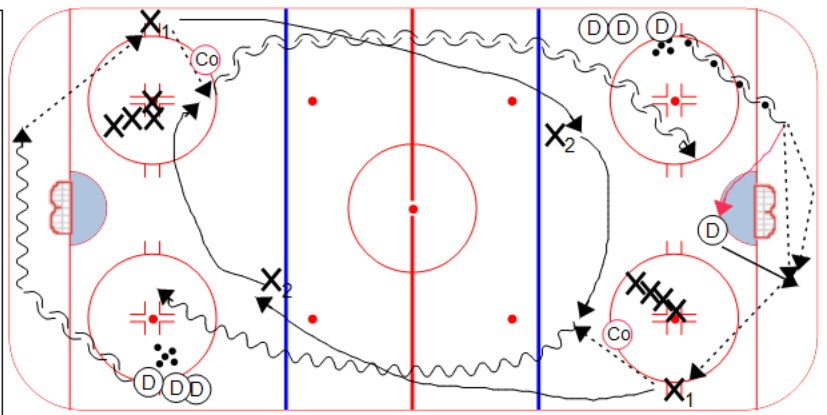
Drill no. : 10

Duration : _____ Minutes From : _____ To : _____

Title : Constantine D to Off Category #1 : Breakout Category #2 : Transition

Description

YouTube - Kevin Constantine Fwd/Defense Hockey Drill
D line up at opposite end hashmarks with pucks. F's line up at opposite end circles.
*To start, D back peddles to goal line with puck and pivots, carrying puck around back of net. Makes breakout pass to X1 at hashmarks.
*X1 receives pass and readies to make second pass to supporting X2 curling low through circle.
* X2 receives pass and drives hard down wall for shot on net.
*X1 follows X2 down the ice and curls to support breakout taking place in far end. Forwards begin each time as X1 then progress to become supporting X2.
Option:
Have D make D to D pass instead of carrying puck behind net.
Add Coach at point of second pass to add in decision making



Key points : Timing Communication Good passing Supporting the puck

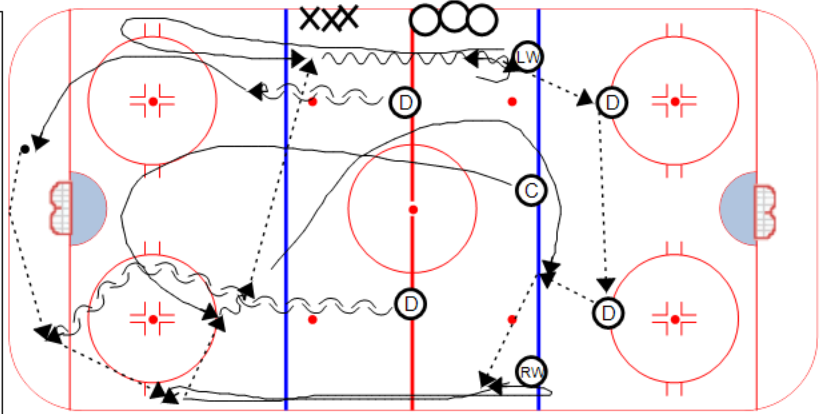
Drill no. : 11

Duration : _____ Minutes From : _____ To : _____

Title : LAKings 5-Min Double Regroup Category #1 : Breakout Category #2 : Flow

Description

YouTube - First Passing Drill of LA Kings Rookie Camp 9/11/10
No shots on goal - all players lined up in lines on boards in front of benches.
*Drill starts with puck dumped in to D zone, 5 man breakout.
* D to D or reverse on full breakout. Both D touch the puck.
* Breakout pass to winger or center, quick pass to other, pass cross ice to far winger. Short, short, long.
* Far winger passes to opposite D, go D to D, and regroup in same manner - winger or center, other and over to far winger.
*This time winger chips puck into zone, and forward line goes off for a change. Next line is all ready into zone breaking puck out. Drill continues back and forth for 5 minutes with a single puck.
* all players touch the puck each time going down the ice.
* Can have every 3rd or 4th group go 3 lengths of ice the change direction.
* D make one play then follow play up ice, getting out of way then jumping in at other end.



Key points : constant motion puck possession timing and support transition