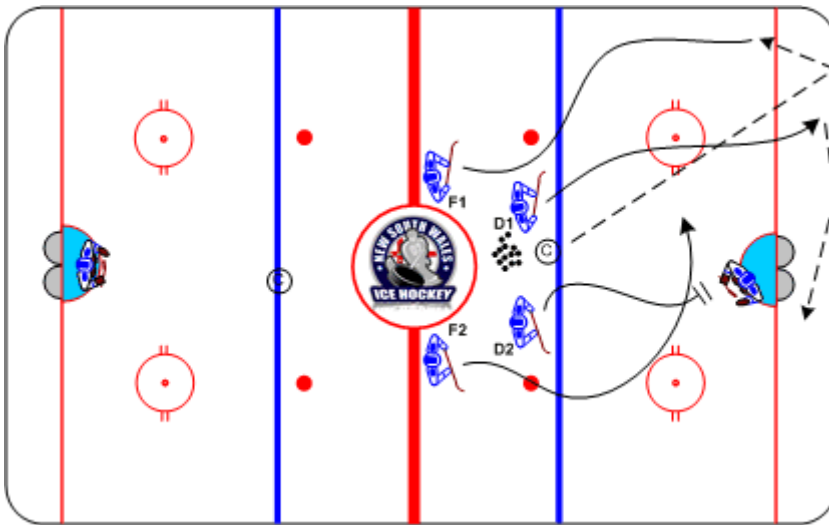




Breakout, Up or Over, Counter 2-on-1

Duration: 10 mins

- © soft dump
- D1, D2 read, react, retrieve puck "up" and "over"
- F1, F2 support D1, D2
- Breakout over blue line
- Counter F1, F2 vs defense (initial net zone coverage)



Coaching Tips

- Offensive creativity
- Defensive positioning
- "Up" and "Over"
- Close defensive gap

Execution Tips

- Player on side boards in neutral zone to allow for speed on attack
- © may have player pressure defense on dump-in