

T2 - 3 on 5 – Breakout 5-0 – High Cycle – Back Door – Pro

Key Points:

Quick feet as soon as you get the puck. Use head and shoulder fakes to freeze the defenders and goalie. One touch shots. Always give a target.

Description:

- 1 – After the initial rush F1 get a puck from the corner, cycle high and pass to D1.
- 2 – D1 skate hard to the mid-point and pass back to F1.
- 3 – D2 skate in for a Back Door pass from F1 and shoot.
- 4 – Repeat from the other corner with F6 passing to D2.
- 5 - F1-F2-F3 dump the puck in and try to score vs. five blue defenders.
- 6 – Blue defend and breakout 5-0 and attack the red net.

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