

T2 D100 Controlled Breakout Reads-U20

Key Points:

Defenseman behind net must read the forecheck and pass low if they are high and high if they are low. Forwards must move into open areas.

Description:

1. D1 skates to a puck placed behind the net.
2. Offensive team go into their controlled breakout with either one, two or zero players stretching.
3. Two coached forecheck either one, two or no one deep.
4. D1 must read to carry the puck or pass low or high.
5. Attack with 4 players and create a scoring chance.
6. Alternate directions so everyone knows the controlled breakout. This coaching technique can be used for power play or even strength.

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