

T1 - D Beat First Checker - Read Outlet – Pro

Key Points:

Always go back for the puck with the intention of beating the first checker. Shoulder check to read where the forechecker is. Communicate where the outlet pass should go. Fake to make the checker commit and then skate away from pressure.

Description:

1. Start with one defender vs. one forechecker.
2. Coach dump the puck in from the top of the circles.
3. F1 try to score and D1 to carry the puck out.
4. Add another defender F2 to support for a breakout pass.
5. F2 communicate to D1 where he should pass.
6. Play until the puck is carried out, a goal scored or the puck is frozen.

Option: Progress to a half ice transition game where the defenders pass to a new F who skates through the middle circle, dumps the puck in and forecheck vs. D1 and F2.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161122093453914>

<https://youtu.be/0p8qV2bL-aI>

