

T2 - C3 Breakout 5-2 Regroup 5-3 - RB Pro

Key Points:

Breakout 5 vs 2 defenseman and then regroup on the whistle 5 on 3. Give support on the strong side boards and the middle. Weak side forward can stretch. Attack with 4 in the scoring area. Weak side D jump into the rush.

Description:

A.

1. D1 and D2 shoot from the blueline.
2. Five players in the zone breakout vs D1-D2

B.

3. Attack 5 on 2 until a scoring chance.

C.

4. Coach whistle and attackers regroup with pass from the coach in the neutral zone.
5. Attack again 5 on 3 vs. original D and a new forward.
6. Repeat with a new group and original D the other direction.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090818155502564>

<https://youtu.be/QUXNYQPAqT4>

