

## T2-4 - 5-4 - Specialty Team Sequence - Rugby and Drop BO - U18 M

### Key Points:

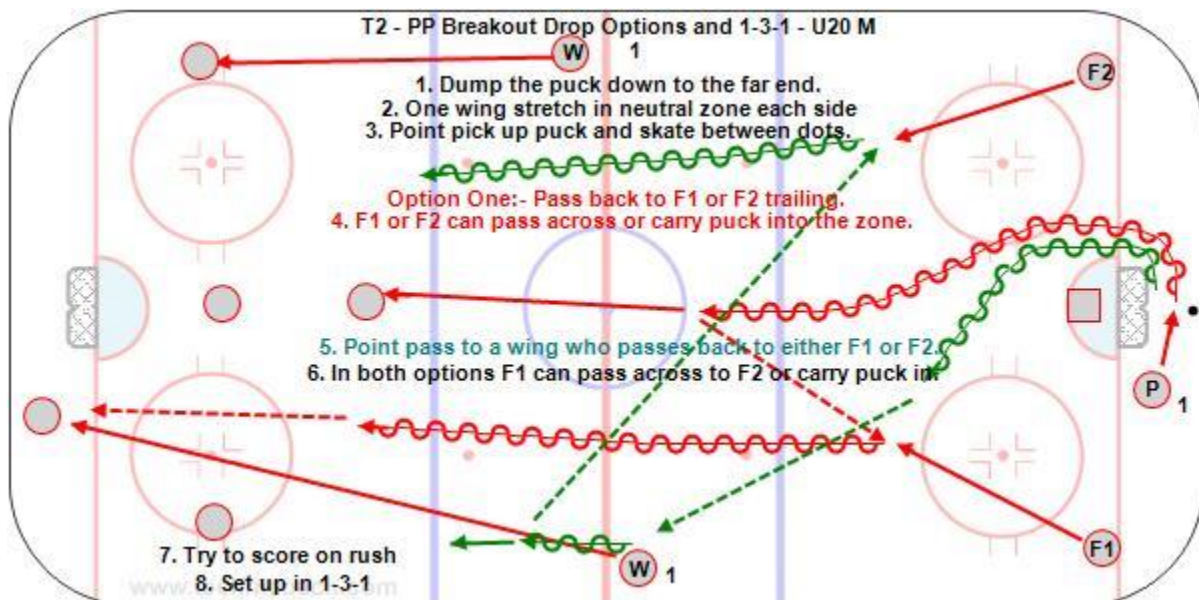
Great way to practice attack options without then with defenders. You could do face-off plays, then dump down and practice both breakouts and forechecks. Video has defenders on ice ready to jump in. I like the way the pro's do it and players jump in from box.

### Description:

1. Start with an offensive zone face-off and run one option 5-0.
2. Breakout from the far end vs. penalty killers 5-4.
3. Use controlled breakouts for each group.
4. Penalty killers come off the bench to defend against the breakout.
5. Power play versus penalty kill.
6. Practice both the drop back and rugby breakout.

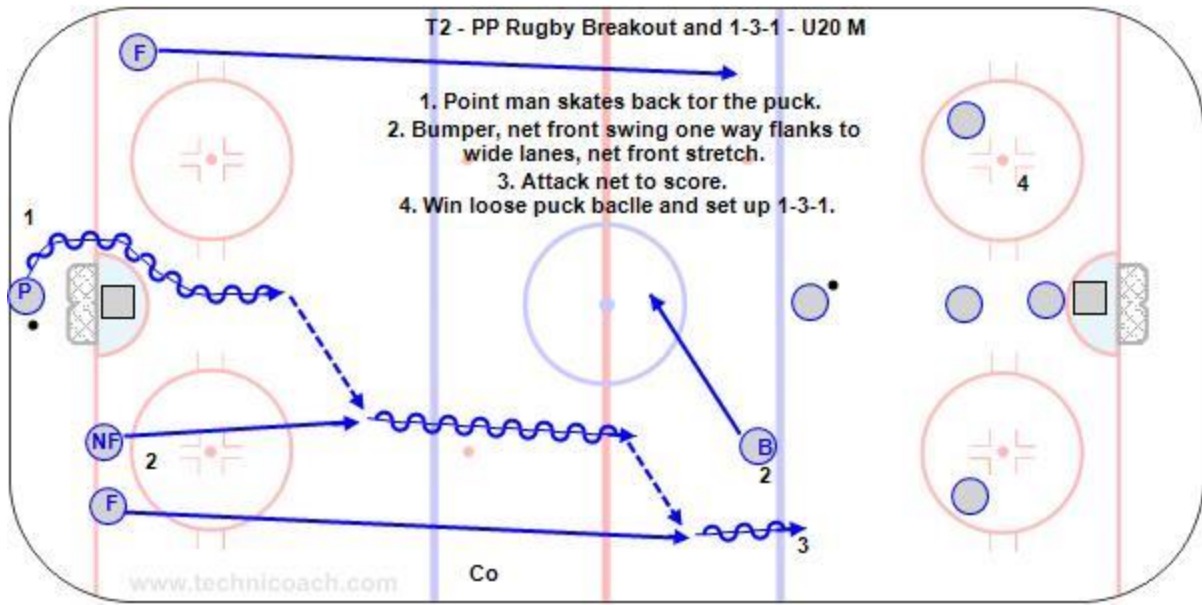
## T2 - 5-4 Specialty Team Sequence - Drop BO - U18 M

<https://youtu.be/GUixunCEE7A>



## T2 - 5-4 Specialty Team Sequence - Rugby BO - U18 M

[https://youtu.be/XED4\\_bbxEm8](https://youtu.be/XED4_bbxEm8)



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<https://youtu.be/lt8-Ld17-0U>

