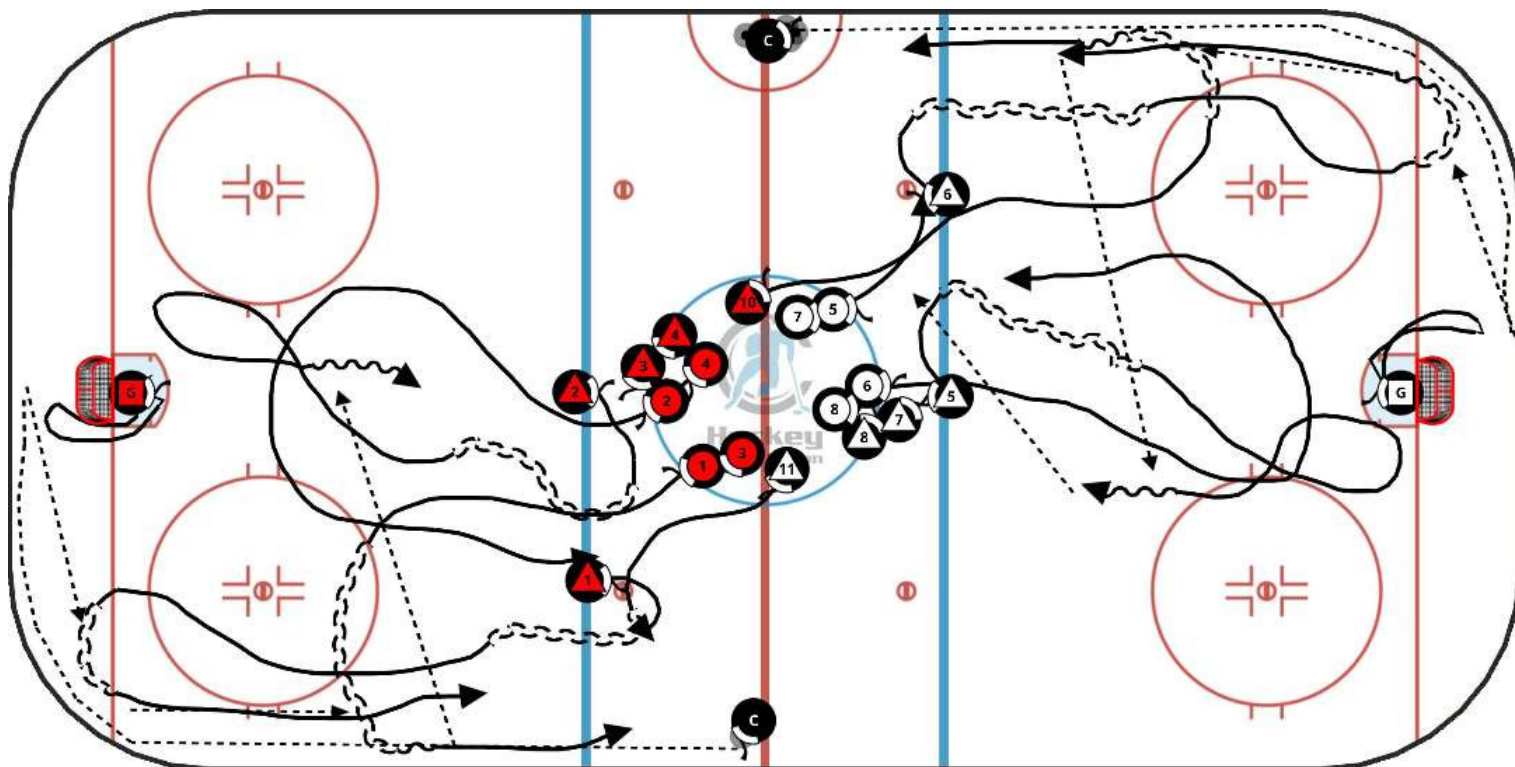


COLUMBUS BREAKOUT DRILL 2@1



DESCRIPTION

Breakout drill from Blue Jackets

SETUP

Coach rims in a puck for the goalie to take and pass back to the supporting D in the corner.

The D1 then makes a quick pass to the supporting winger on the wall who then passes to the other D2 man who is jumping up middle ice.

Center support the puck low and slow through the middle of the ice.

D2 now makes a quick up pass to the forwards as they continue 2@1.

TIPS FROM THE COACH

- o This is a timing drill
- o Forwards must read the break out speed and timing of the D and adjust their skating patterns

PROGRESSIONS

- o Coach rims in a puck for the goalie to take and pass back to the supporting D in the corner
- o The D1 then makes a quick pass to the supporting winger on the wall who then passes to the other D2 man who is jumping up middle ice
- o Center support the puck low and slow through the middle of the ice
- o D2 now makes a quick up pass to the forwards as they continue 2@1

ASSOCIATED WITH

U11, U13, U15, U18, Skating, Systems, Passing