

Practice 2

Theme: Breakout/Transition Concepts

Windsor Warmup Series 10 mins

- 1 touch
- Give n Go
- chaos
- Crossfire

TYH Shooting (12-15 minutes) (4 lines at NZ dots/ 1 player support below the goal line)

- Accelerate around your line get a short pass/release to goal line passer/breakout/transition with your line again
 - o Direct pass for breakout/transition into middle (flop)
 - o Rim pass for breakout/transition to middle
 - o Rim Pass/post up in transition/give n go with goal line
 - o Direct Pass/transition rims to goal line/attack net

Chicago 3v0 (12-15 minutes) (players in the center circle)

- Chaos in middle (3v0 passing)/Coach dumps puck
 - o Player 1 (closest to the zone) – retrieve
 - o Player 2 break to wall
 - o Player 3 center lane support
 - o Attack 3v0
- Add Gretzky/ Player 1 delay
- Add transition and attack player 1/ 2v1

Oswego 2v2 (10-12 Minutes) – Teaching Points quick exits/puck support

- Nets at blue line
- Lines on each side of the net (NZ faceoff Dots/Same team)
- Must move puck through support to attack on a turnover

Variation – put same team on opposite faceoff dots to give a support in the offensive zone.