



12U Advanced: 2 Team Practice **Number of Players:** 30-40 Skaters & 4 G

Practice Theme: Role # 2 Offensive Support on Breakout

Equipment: 2 nets

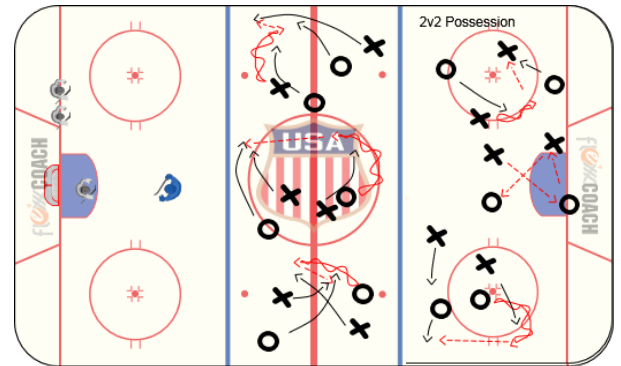
Time: 60 minutes

Warm-Up – 2v2 Possession (10/10)

1) 2v2 Possession – In groups of 4 players of similar ability, play 2v2 keep-away in one end zone and NZ. During rest intervals have players pass within their group (cannot stand still and must include a fake before passing and must make a different type of pass each time, bullet, sauce, backhand, etc...).

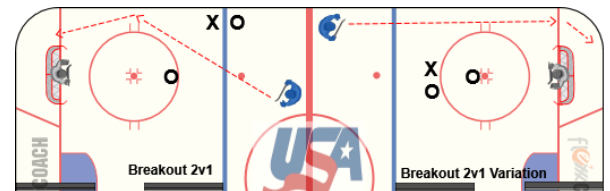
Goalies: Clock Work

Goalies line up front to back to the left of the net with the first goalie on the goal line. The first goalie will c-cut to the top of the crease and T-push to the middle of the crease on angle with the puck. The shooter will shoot to the left side of the net in which the goalie will control their puck to the corner. The goalie will then recover to their left and C-cut backward before T-pushing to get in the back of the line they started in. Switch sides at 5 min.



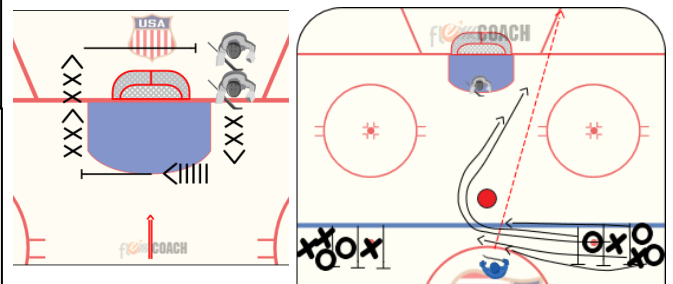
Breakout Support (10/20)

Players line up as diagrammed and breakout. Coach is inside the red line and spots puck to create different situations for offensive team to solve situation & breakout before passing to coach to complete the drill. Vary player starting points and puck placement. Drill should be done at the young ages with no regard to position but can be also be done at the older ages in position.



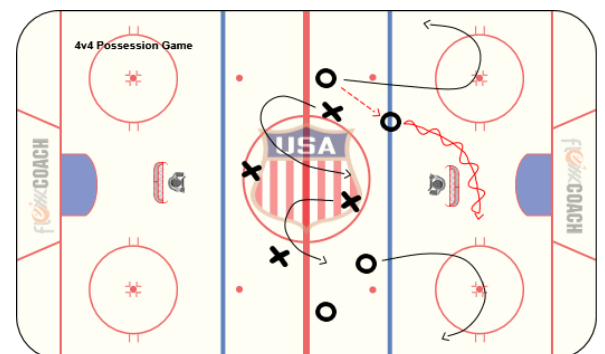
3v2 Breakout Support (12/32)

Use marker to identify starting areas for players. Have 5 players ready to go and alternate sides. Drill starts when coach “places” puck in zone. Places puck in different spots to vary the playing situation. All 5 players start at the same time and must skate around the tire. The 3 defensive players breakout by skating the puck out of the zone. The 2 opponents provide a hard forecheck with F1 and read and react F2 attempting to steal puck and attack net. The rep is over once the defending team breakouts out or a goal is scored or the goalie freezes the puck. Emphasis is on getting to puck first as well as look over shoulder to try to find team mates while under pressure. The other 2 must work to support and breakout.



2v3 to 2v1 transitions – 13 min

Start by cutting the ice in half lengthwise using the extra players in NZ as barrier. Begin with a 2v1 rush. As soon as the puck crosses the redline, 2 new defensive players begin to back check and outnumber the offensive players 2v3. Once the puck changes possession 2 of the 3 defensive players transition to offense and attack a new defender in the opposite direction. Players are allowed to back check to the near blue line before disengaging. There are no set positions in this drill. Emphasis is on the offensive support players moving into positions to easily receive pass and getting up the ice quickly for support.



4v4 Possession Game (15/60)

Play 4v4 between the top of the circles. On change of possession, the team without the puck must tag up on the red line before they can forecheck. The possessing team must move the puck behind its net before it can attack, 3 of the 4 attacking players must also support below their team’s goal line. On the whistle to change, the player that has the puck stays on the ice (cannot attack the net) and possesses the puck until he can make a pass to one of the new oncoming teammates. The opponent closest to the puck carrier is also allowed to stay on to pressure the puck until a play is made, then changes.