

BREAKOUT 1X1 WITH PARTNER REVERSE

PURPOSE: To work on the partner reverse timing and the 1x1 situation.

SET-UP: On the whistle, D1 and D2 skate backward into the zone. At the top of the circle, D1 pivots and goes back to retrieve the puck in the corner. He carries the puck behind the net and reverses the puck to D2. D2 will then make a breakout pass to F1, who has posted at the hash mark. F1 continues down the ice to attack the defenseman from the other end, and D2 continues up the ice, pivots and picks up the forward (F2) from the other end. This drill can also be altered to accommodate a “Go-Go” breakout, the individual reverse and the D-to-D options.

