

BREAKOUT 2X2 WITH RESISTANCE

PURPOSE: To work on the various breakout options with controlled resistance and develop proper coverages and attack options in the 2x2 situation.

SET-UP: Players start in the neutral zone. A puck is dumped into the zone. All players go into the defensive zone to initiate the play. A forechecker (FC) is inserted into the play in order to force the breakout defensemen to react to the situation. The defensemen break the play out to the two forwards and they attack 2x2 against the defensemen positioned at the blue line. Once the play leaves the defensive zone, the forechecker (FC) removes himself from the play.

