

“GO-GO” 1X1

PURPOSE: To execute the “Go-Go” breakout and develop the communication and exchange between the goaltender and the defensemen in the breakout process.

SET-UP: On the whistle, F1 and F2 take off with the puck and attack D1 and D2. When they reach the red line, they dump the puck into the zone (hard around the boards) so that the goaltenders can go behind the net to handle it. The forward then stops and sets up (facing the direction he was coming from at the red line). The defensemen continue behind the net, pick up the puck that was stopped by the goaltender and carry it up the ice. When they reach the blue line, they make a direct pass to the forward (who is positioned on the red line). The defenseman pivots and picks up the forward

