

## BREAKOUT ONE-ON-ONE

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**PURPOSE:** To work on the footwork and skating skills of defensemen and timing and positioning for forwards necessary to make a quick outlet pass to break out of the zone.

**SET-UP:** Players line up at the red line, forward X starts and the red line and defenseman O starts on the faceoff dot. A coach starts the play by dumping a puck into the corner, and the defenseman begins backing up until the coach blows the whistle. At this point the defenseman turns and retrieves the puck while the forward busts down to the hash marks. The defenseman keeps his feet moving while collecting the puck, stops quickly behind the net, moves back to the side he started from and makes a breakout pass to the forward who heads up-ice one-on-one against the defenseman from the other side of the ice.

