





The key to success here is the speed of our 2 forechecking forwards to take time and space away from their defenceman going to their corner intending to pass D to D. The slower their defenceman goes into the corner, the better for us.

## **PRACTICE DRILLS:**

- 1. Run 5 on 5 unit drill with “offensive” forwards and their defencemen starting at the red line in a line across the ice with the centre shooting the puck into the defensive zone. The “defensive” forwards and their defencemen are lined up on the defensive zone blue line so when the puck is shot in they have the advantage in getting to the puck and their positions before the “offensive” 5 player unit.**

**The “offensive” unit forechecks and tries to score, and the defensive unit tries to breakout. Keep score.**

**Give feedback including whistling the play dead in the middle of it having the players freeze in their positions, and then give feedback.**

**When the puck is out of the defensive zone or a goal is scored, repeat the drill.**

**Make sure each unit is wearing different coloured jerseys, and each player in each unit has the same coloured jersey, as we want high speed instant peripheral same team player recognition and it is almost impossible to accomplish this without jersey colour recognition.**

**Vary the starting positions of the offensive and defensive units and players (closer together or further apart) to reduce or increase the time the defensive defencemen will have to get puck control in their defensive corner or to go D to D behind their net. This will replicate “real” hockey conditions.**

**If we are teaching breakout or forechecking systems to players who are not familiar with the options, show them the options off ice on a hockey board, and walk them through the options on ice. Then run this drill**



with no resistance, then 1 player, then 2 player, then 3 player, and eventually 5 player resistance.

Keep running this drill at every practice so the options chosen both defensive and offensive become second nature depending on offensive and defensive positioning and “time and space”.

2. Run 5 on 5 unit drill facing the puck off in the defensive zone with all players in their regular faceoff positions to practice breakouts and forechecking from more of a standstill start – much different from when the puck is shot in.

The “offensive” unit tries to score, and the defensive unit tries to breakout. Keep score.

Give feedback including whistling the play dead in the middle of it having the players freeze in their positions, and then give feedback.

When the puck is out of the defensive zone or a goal is scored, repeat the drill.

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