

# DRILLFY.COM

## Power Left/Right

This page shows a Powerside breakout pattern for the defensive zone. There are 3 forward options below.

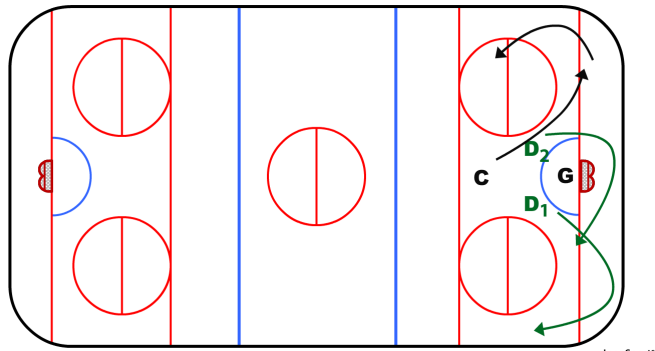
### Power Left

The defence both go to the left in this breakout. D1 does a 'flare' pattern and looks for the ring near the boards. D2 goes behind the net and is ready for a pass on either side.

C goes to the opposite side in a similar pattern to D1.

All players should be ready for the ring at all times.

This examples shows the power (overload, the majority of players) on the left side because the goalie in this case throws with their left hand. This pattern could be easily reversed if the goalie prefers to throw with their right hand.



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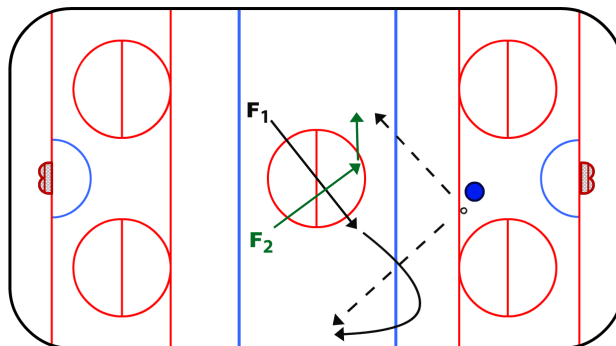
### 2 High Forwards

This is an example of how forwards can move in the breakout.

Both forwards start near the far blue line. As the center and defence break out, the forwards cross near center ice, hopefully losing their opponent's coverage in the process.

The forwards can either loop and receive the ring while skating up ice near the boards (F1) or make a cut parallel to the blue line (F2). Their path will be determined by their own speed, the speed of the player bringing the ring out, and where the opponents are.

The forward who does not get the ring should continue up ice, get ready to receive the ring in the offensive zone, and support the play overall.



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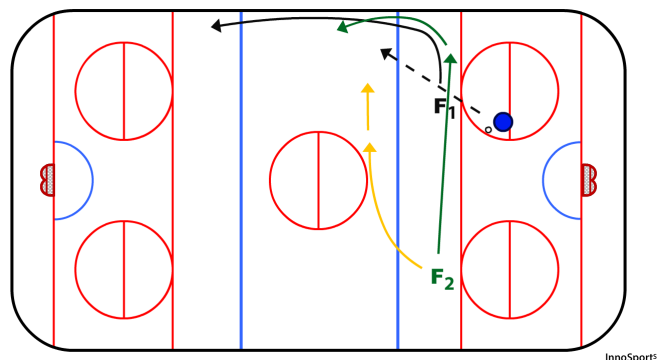
## 2 Low Forwards

This is an example of how the forwards can move on a breakout.

The forwards start near the ringette line (while the play is going on in the defensive zone, they can be checking opponents who cross the line). In this example, the defense is bringing the ring up on the right side of the ice. The forward closest to that side (F1) "leaves". She skates up ice and clears the area.

The forward on the opposite side of the ring (F2) skates to "fill" F1's spot. She can turn and receive the ring along the boards or skate the alternate (yellow) route and make a cut over the blue line.

This pattern is sometimes referred to as "strong side stretch". This could also be done in the other direction if the defense skates the ring up the left side of the ice.



## High-Low Forwards

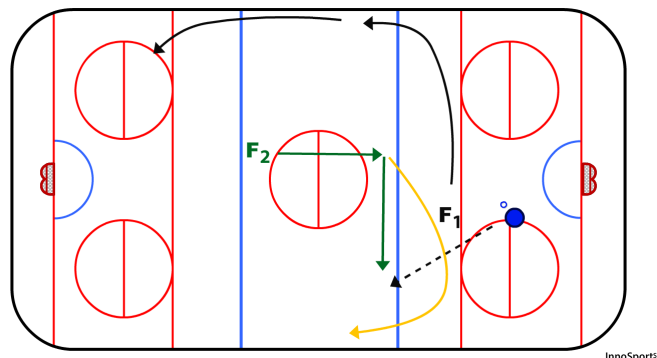
This is a basic pattern for the forwards to skate during a breakout

In this diagram, F1 is referred to as the "low forward". F2 is the "high forward".

As the defense or center get the ring in the defensive zone, the forwards start their pattern. The low forward skates away from the ring, up the boards and to the offensive zone.

The high forward skates toward the ring, making a cut to get open, or skating the optional yellow line to be in a good position to receive a pass in the quiet zone.

The player with the ring could pass to the low forward on the opposite side if the timing allows.



## Full Breakout Example - Power Left with 2 low forwards

D1 "flares"

D2 skates behind the net and gets a pass close to the net from the goalie.

C skates into the opposite corner and skates up the far side of the ice as another option.

F1 has cut up the strong side and cleared the area for F2.

F2 makes a cut over the blue line to receive the ring from D2.

F2 skates towards the middle lane and passes to F1 in the offensive zone. F2 could also pass to the center on the far side.

If F1 has a good chance, they can drive the net or pass to the center for a scoring opportunity.

