

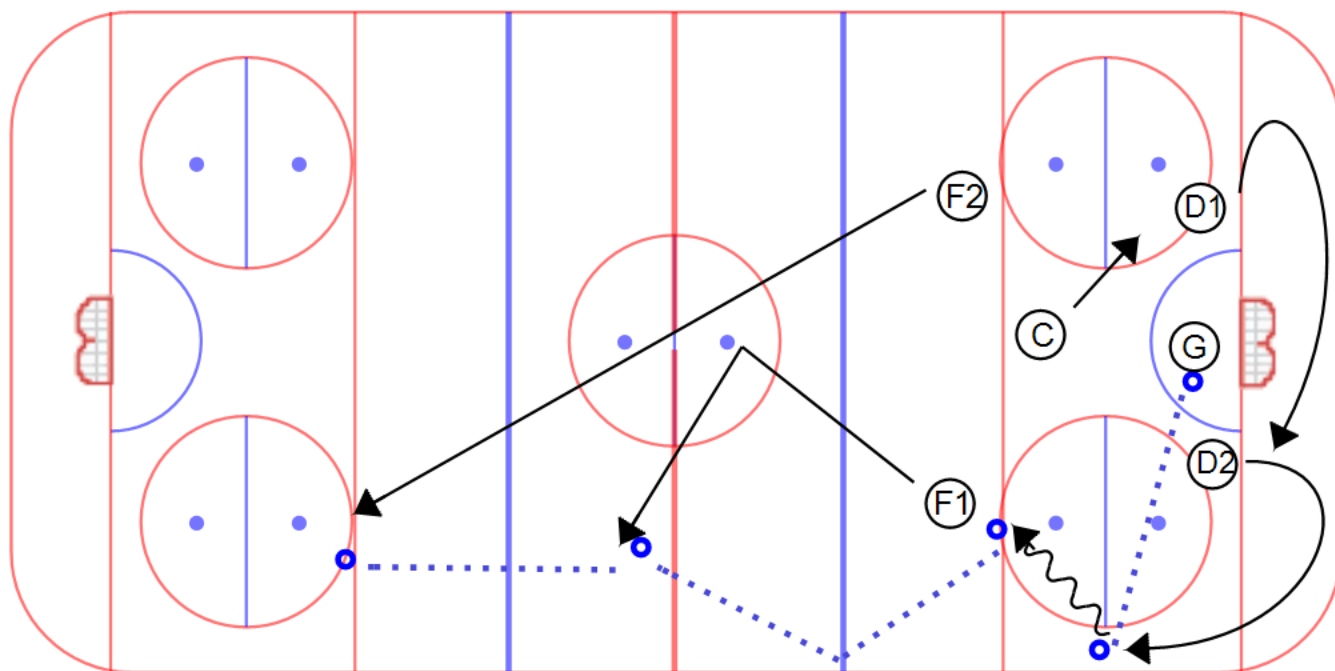
Category #1 :

Title : Breakout - Power Left, 2 Low

Category #2 :

Content elements : _____

Components: _____



Key points :

Description

D AND C

- 'Power' breakouts can be done to either side, it often depends which side your goalie prefers to throw to. Everything starts when the goalie has CONTROL of the ring. A lot of players make the mistake of leaving once the ring is in the crease, but this throws off the timing.
- D2 leaves once there is control, and curls into the corner and up the boards. They need to go below the goal line to make eye contact with their goalie, buy some time, and gain some momentum.
- D1 stalls and then goes behind the net, creating an opportunity as the goalie's second passing option
- C needs to stall and watch. If the ring is distributed quickly to the other side, they can jump up the ice. If there are no options to D1 or D2, the C needs to cut low to get a pass from G.
- In this example, where D2 gets the ring, D1 (weak-side D) will need to move into a supporting position in front of the net after completing their pattern. C will break up the ice. D2 will take a few hard strides to get off the boards and look for F1 cutting back to the boards.

FORWARDS

- 2 Low forward setup has lots of variations. This pattern has the strong-side (ring-side) F cutting hard to the middle then back towards the boards as the first outlet pass. Weak-side F breaks down the ice ready to be get a pass over the 2nd blue line.
- Towards the second blue line, F2 goes towards the strong side to support F1 by being available, sometimes for a breakaway pass, but more often for an easy control pass down the boards to a quiet area.