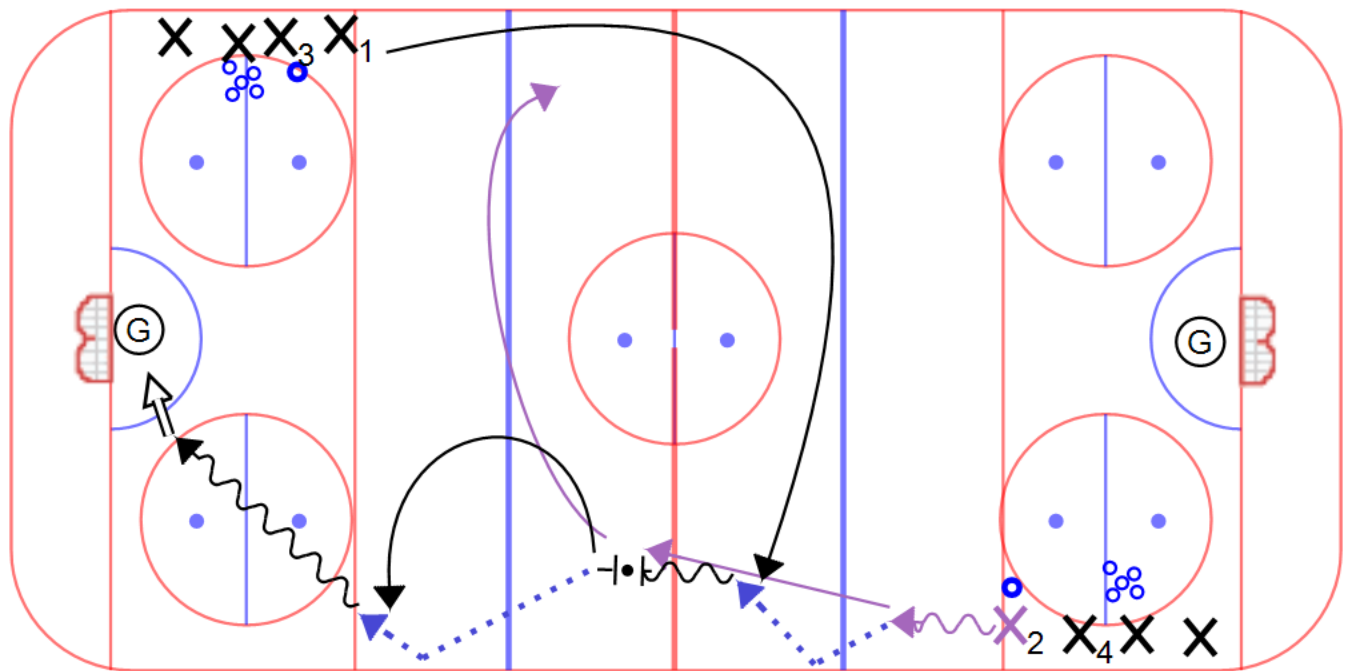


Category #1 : Breakout

Title : Full ice horseshoe with drop pass

Category #2 : flow

Content elements : Components:



Key points : sharp cut      lead pass      communication      fake

Description

X1 leaves and makes a fairly square cut across the blue line. Receives a pass from the first person in the other line (X2 or X4 if X2 leaves at the same time as X1). X2 skates a few strides (never pass from a stand-still) and makes either a short board pass or a good stick to stick pass to X1. X2 calls for a drop pass and X1 leaves the ring. X1 then cuts to the middle of the ice and back to the boards, where X2 gives another lead/board pass. X1 goes to the net and shoots.

X2 then continues the same pattern on the other side of the ice, getting a pass from X3.

The skater without the ring should imagine that they have someone marking them. The sharp fakes to the middle of the ice before cutting to the boards are crucial, and so is the communication between the two skaters.

This mirrors a high forward breakout and is a good lesson about following your pass for the D or C who make the pass up to the high forward. That high forward is often in a tough position near the boards, but having a quick support outlet behind them is very helpful provided there's good communication.