

# MAY 4 - BUILDING TOWARD BREAKOUTS

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May 4, 2021

## Practice Notes

<https://www.icehockeysystems.com/share/practice/413136>

While goalie performs the three warm-up drills, the runners will do Savy's Breakout.

## Drills

- Stick Save Drill # 2
- Slide Drill # 4
- Passing & Puck Handling Drill # 2
- Savy's Continuous Breakout Drill
- Quick Shot, Quick Stuff
- Double Chip Off Boards
- Center Flow Breakout Drill
- Philly Down Low Progression #2

# STICK SAVE DRILL # 2

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Station #:

Time:

## Description

- On the ice glove side
- Deflect puck to corner

## My Notes

# SLIDE DRILL # 4

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Station #:

Time:

## Description

- Start on glove side post
- T-Push to top middle of crease
- Slide back to post to take shot into glove

## My Notes

# PASSING & PUCK HANDLING DRILL # 2

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Station #:

Time:

## Description

- Start in net
- Move to outside of net on glove side
- Catch puck on forehand
- Make pass back to coach

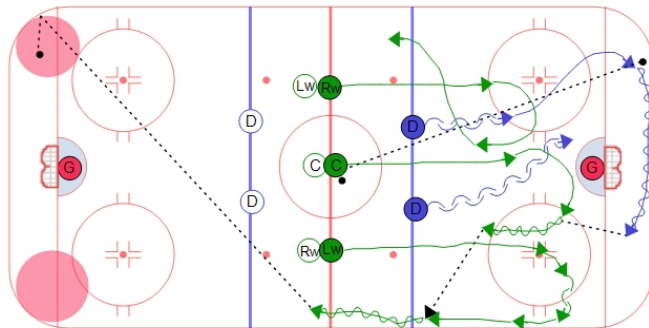
## My Notes

# SAVY'S CONTINUOUS BREAKOUT DRILL



Station #:

Time:



My Notes

## Description

This is one of many continuous breakout drills that is great for pre-game practices and a practice that consists of flow drills. This drill starts by dumping the puck to the corner. Three forwards and two defense start in the neutral zone and they breakout using a pre-called breakout, in this case it is "Wheel to Center". As they are breaking out the next unit comes out to the neutral zone. After this unit breakouts out they will dump the puck into one of the corners. The next unit will then breakout using the same pre-called breakout. After a few repetitions change the pre-called breakout so you can practice as many different breakouts as you can. Possibilities for the breakouts include, but not limited to, the following:

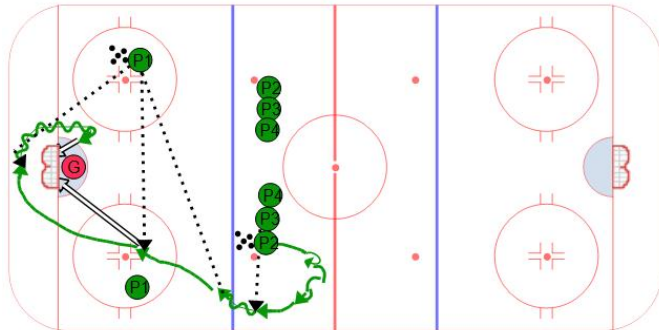
- D wheel to wing
- D up strong side to wing
- D wheel - reverse
- D wheel - counter
- D wheel to wing - back to D

# QUICK SHOT, QUICK STUFF



Station #:

Time:



My Notes

## Description

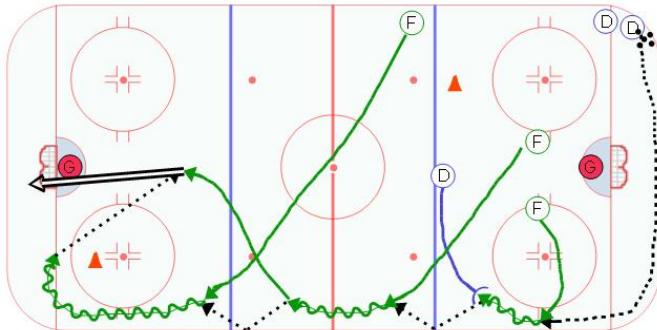
This hockey drill is a fun yet challenging drill for forwards. Have the players line up at the neutral zone face off dot as shown in the diagram with the pucks. One passer needs to be designated at the start of the drill and they will set up just outside the opposite in-zone face off dot. The first player in line takes a couple of hard strides towards the red line and transitions outside towards the boards so that are always facing the next guy in line. The second player in line makes a pass to the first player after their transition. The first player receives the pass, controls the puck for a couple of strides and then makes a pass to the designated passer. The designated passer makes a quick pass back to the first player for a quick shot. After the shot the first player skates behind the net and retrieves a puck thrown down by the designated passer. The first player then attacks the net from behind the goal line.

# DOUBLE CHIP OFF BOARDS



Station #:

Time:



My Notes

## Description

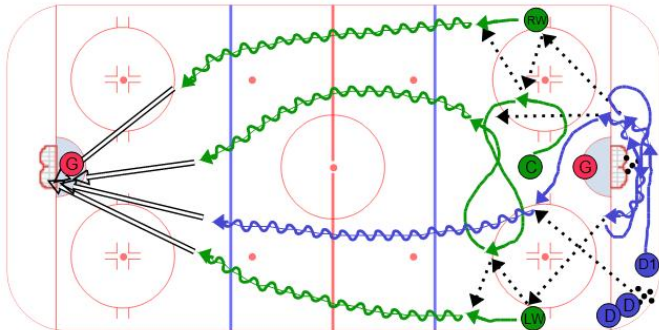
This drill is an extension of the previous ice hockey drill. Now, there is a second chip off the boards to another forward providing support in the neutral zone. The forward that chips the puck off the boards then drives hard to the far post and looks from a pass from the forward who he just chipped the puck to.

# CENTER FLOW BREAKOUT DRILL



Station #:

Time:



My Notes

## Description

To start, get all defense in the corner with a group of pucks. There should also be a line for LW, C, and RW. Also place a bunch of pucks behind the net. To start, D1 skates behind the net, picks up a puck and makes a breakout pass to RW. The Center times their loop so they are available for a pass from the RW. The RW makes a quick pass to C and then breaks to receive a pass back from the Center. The Center and D1 then regroup. D1 picks up another puck behind the net and makes another breakout pass to LW. LW makes a pass to the Center and receives the puck right back, then continues down the ice for a shot on net. D1 and the Center then regroup again, this time D1 makes a breakout pass to the Center and the Center skates down the ice for a shot. After making the pass to the Center, D1 makes themselves available in the slot for a pass from the next Defense in line. D1 then goes down the ice for a shot and the second Defense start the new repetition.

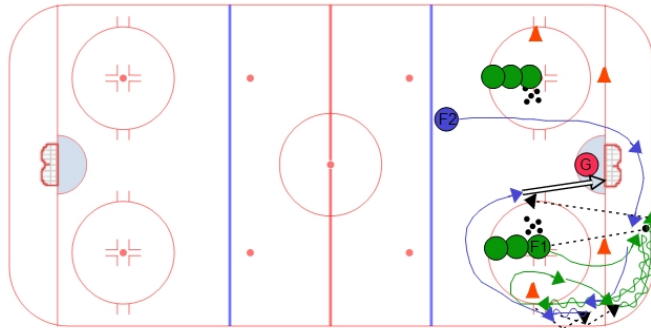


# PHILLY DOWN LOW PROGRESSION #2



Station #:

Time:



My Notes

## Description

This is an offensive zone drill that builds off of the previous Philly Down Low Drill. The purpose of these drills is to work on the basics of possessing the puck down low by moving the feet, protecting the puck with the body, supporting the puck carrier, and communicating. The diagram for this drill is a bit of a mess so it is important to view the animation to understand it completely.

This version of the drill starts out the same exact way with F1 dumping a puck behind the net and then retrieving it. Just like the previous variation the puck carrier carries it up the wall while moving their feet. This time F2 sprints down to provide support for F1 right away. As F1 approaches the cone then they cycle it down to F2 as they call for the puck. F1 then immediately turns to provide support for F2 as they come up the wall. F1 calls for the puck and F2 cycles it back down low again. After cycling it down low then F2 looks to get in position in the high slot as F1 moves down below the goal line with the puck. F2 needs to have time their break into the slot. Both players should end up around the net looking for a rebound.

After the play is dead F1 goes to the high slot and becomes F2 for the next repetition on the other side.