

## Breakouts

*Excerpt from Program of Excellence Under 17 Technical Curriculum*

In most breakout situations players are required to read and react to situations quickly. Ideally, the breakout would provide a quick transition to the attack, maintaining puck control and penetrating the opposition's defense putting pressure on them. To ensure this happens, players must use the width and depth of the ice to their advantage so as to *spread* the defense and provide support on three sides of the puck.

Communication is needed to allow for a quick reaction time for the player playing the puck. While he will read the forecheck as he retreats for the puck, a teammate who communicates with him will not only save him valuable seconds, but will also increase the chances of a productive play being made. This will lead to a quicker more productive breakout and therefore a more intimidating attack. Key words for fast breakouts have proven to be useful and therefore we suggest the terms *up*, *over*, *wheel*, *reverse* and *wrap* as the terms introduced to players.

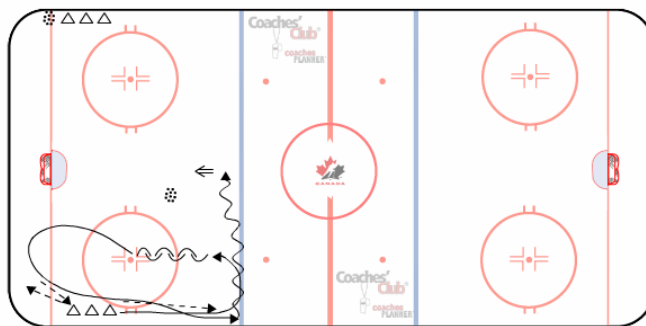
The international game often requires us to use a controlled breakout option. This option, while not a favourite in the Canadian game, is useful to break trap type situations. Although the controlled breakout option calls for predetermined skating patterns, the same principles of support, puck control, and pressure apply.

A team that effectively moves the puck out of its own end and re-establishes an attack, frustrates the opposition by breaking their forecheck, and intimidates the opposition with its speed of attack.

## Drills

### Split Groups – Forwards and Defense

- “Up” option x 2 D1 skates up and cuts blue line, back peddles to top of circles, pivots and retrieves the puck
- He turns puck up and passes to first defense in line who spots it in the corner again
- D1 repeats the “up” and skates to blue line, receives a pass, drags it across blue line for a shot



### Key Points

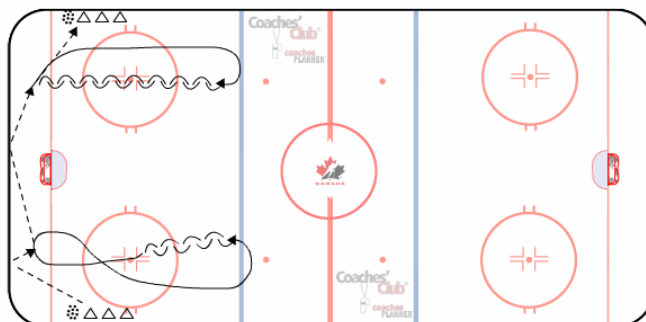
- Back to puck quickly
- Check shoulder for pressure and outlet
- Move puck quickly

### “Over” Option x 2

- Same sequence as above except 2 D touch up, over puck, touch up, over the other way, skate up to blue aligned with dots, receive pass and shoot puck or pass to partner for shot

### Key Points

- Back quickly, check shoulder
- Communicate outlet
- “Over” the puck so it is off the boards and less difficult to play



### Breakout Progression

- “Up” D, quick feet to top of circle down through dot
- Retrieve puck and up to forward who drops to hash mark
- Forward goes down for shot and D join
- Can exchange puck while going down ice
- Go on whistle

### Key Points

- Quick feet, check shoulder, communicate, move puck quickly
- D joins for support and to close gap

