

Former NHL coach of the year Bob Murdoch ran this breakout routine at the start of practice and we are going to incorporate it as a regular warm up routine.

Murdoch Breakout Routine A and B Sections

D shoulder check on the way to the puck.

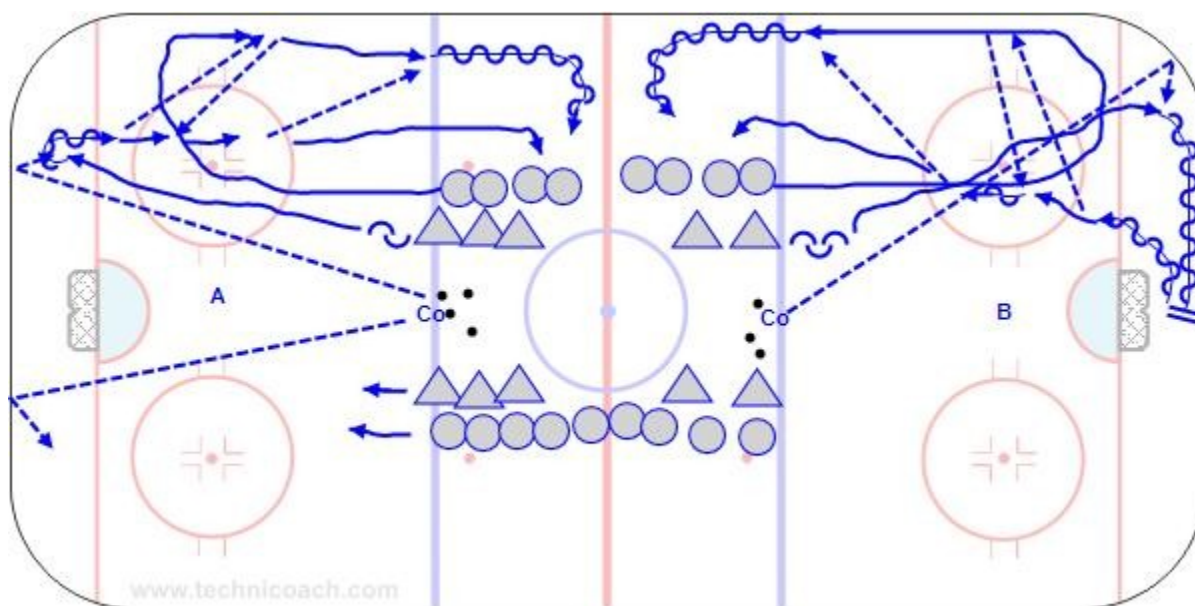
Forwards funnel through middle lane and watch puck before swinging up the boards.

Wings and Defense

A. Coach shoots the puck in and D gets the puck and passes to the wing who times his skating from inside to outside. D to W back to D and up to wing. Then repeat on the other side.

B. Coach shoots the puck in and D skates back to get in while the wing times his skating from the middle to the outside lane.

The D drives the back of the net and stops and goes out the same direction making a counter pass to the wing, who returns the pass and gets another pass. Repeat on the other side.

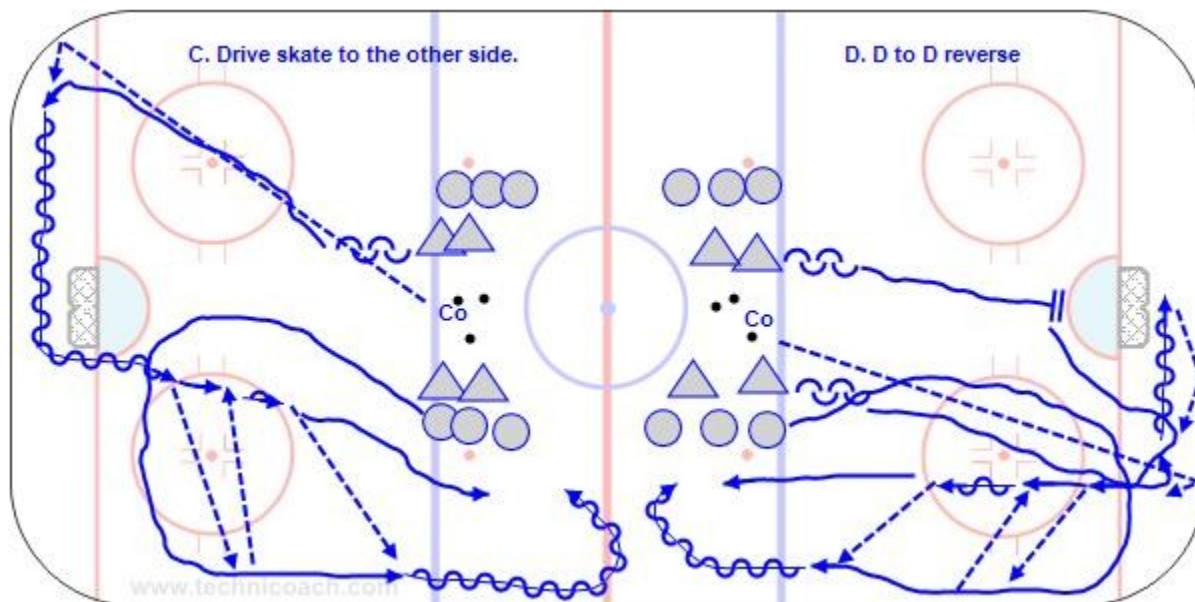


These are done at one end while the goalie warms up at the other end.
Murdoch Breakout Routine parts C and D

D Shoulder check on the way to read the forechecking pressure.
Forwards read the play from the middle lane and time it so they are skating up the boards for the pass. If the forechecker follows you behind use the reverse.

C. Coach dumps the puck in and the D gets in and drive skates hard to the back of the net and up the ice between the dots. Pass D to W to D to W.

D. Coach dumps the puck in and the D gets it and drive skates to the back of the net to draw the forechecker then passes back off the boards to the other D who has called reverse from the front of the net. D2 passes to W to D2 to W and out.

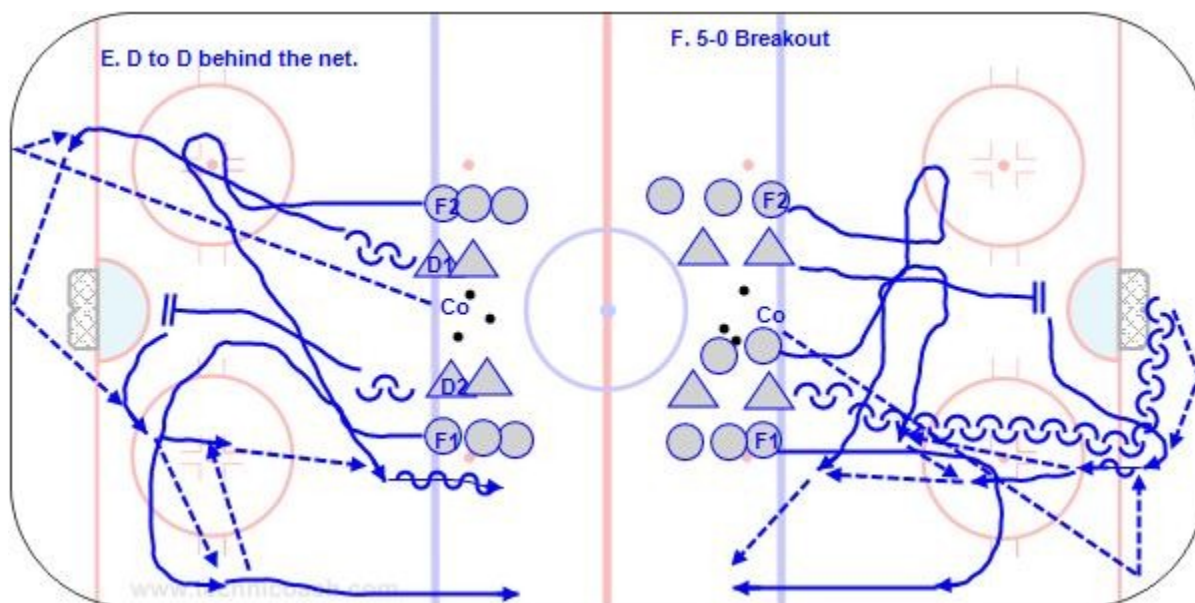


Murdoch Breakout Routine E and F

On all of these both wingers can go and time their skating to be available for the pass. Add the centreman to do 5-0 full ice reps.

E. Coach dumps the puck in D1 gets it, D2 skates to the front of the net and calls for the pass D to D. both wings watch the puck from the middle zone and time their skating to be available for the pass. D1 behind to D2 to F1 to D2 to F2 and out. try to pass to all three forwards and back to D twice. i.e. D to C to D to F2 to F1.

F. Coach calls the breakout (i.e. reverse) and all 5 breakout and try to score at the other end. Practice all of the options doing about 2 reps each line of 5.

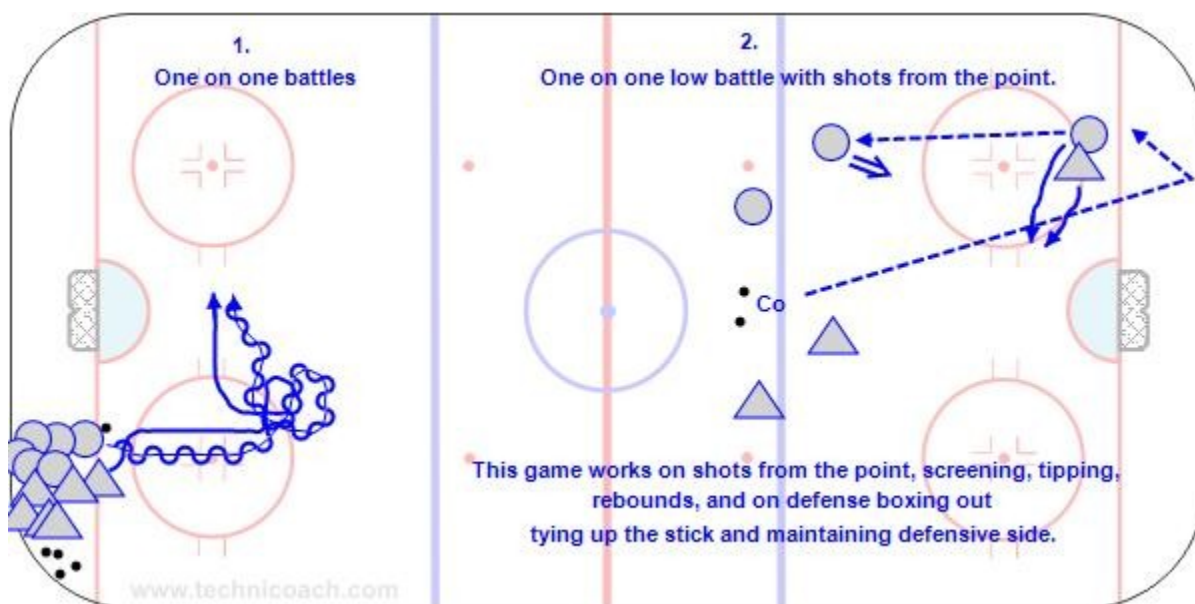


Murdoch one on one battle

In these battles the defender focuses on the chest and body and the attacker does everything to score. The defender really has a 2 on 1. Him and the goalie and doesn't need to make a play. Play a tight gap and the attacker will come to him.

The second diagram is a transition game of one on one that uses the same principles but works on all four playing roles.

1. Line up behind the goal line. The puck carrier skates toward the blue line and can turn back and try to score at any time. The defender closes to a tight gap and stays on the defensive side all of the time focusing on the attackers chest. Go 15-20 seconds.
2. Coach shoots in puck and 2 players battle. Goals only come from shots from the point or rebounds. To score the low player must pass to the point and the pointman must shoot or pass within 2".



This is a great drill to challenge your D to play tight gaps and have quick feet.
The D must have quick feet and turn into the middle of the ice and keep defensive side.

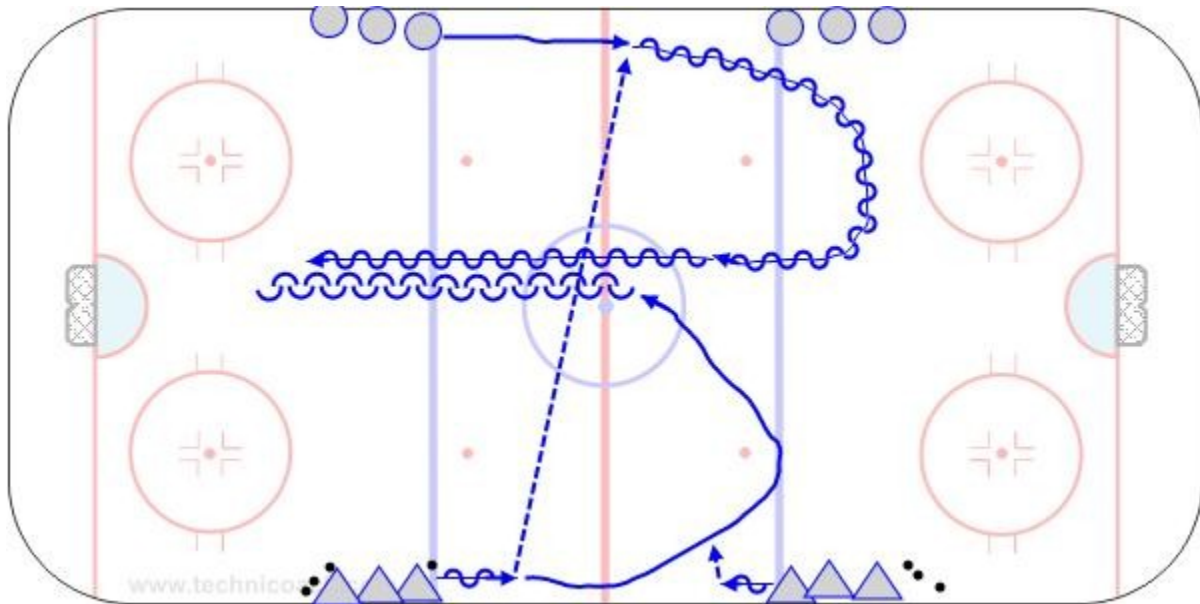
B600 formation with forwards on one side and D on the other.

1. The D passes to the forward on the other side of the ice and the forward must skate inside the blueline before attacking.

2. The D skates around the face off dot and defends.

When the play crosses the blueline leave from the other end.

Could be done 2-1, 3-1,



This is great for passing skills, timing, and quick feet.

D and forwards must one touch the passes, on the second pass from the forward the D pivots before passing. Demands quick feet and good passing skills.

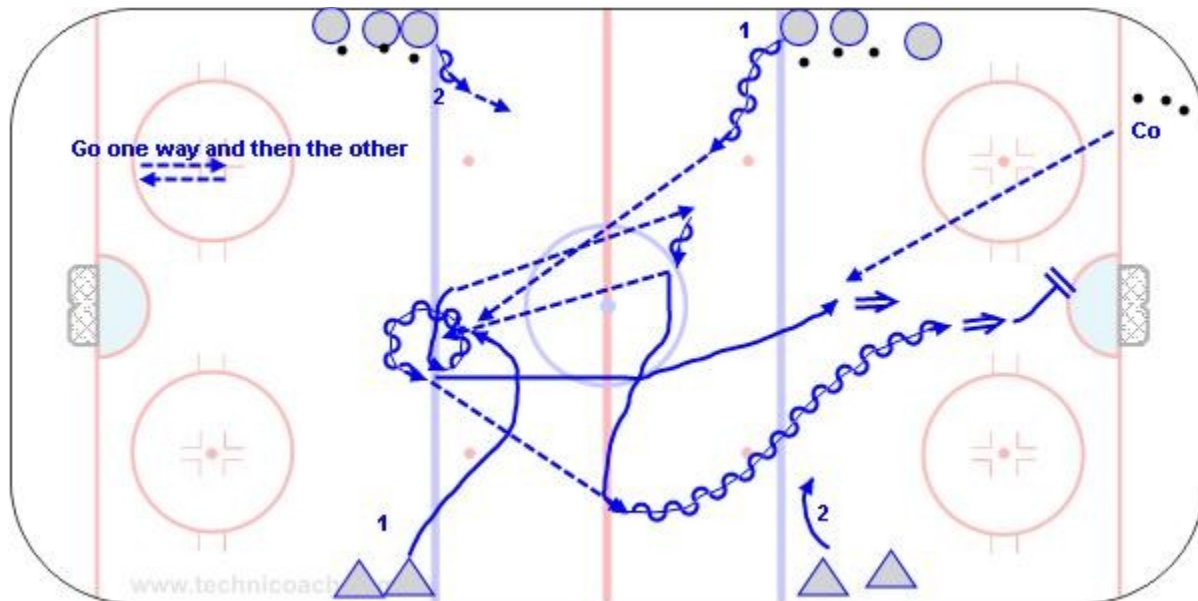
Pass-pass-pass-pivot-pass

Players are lined up in the B600 formation, forwards on one side and D on the other.

1. Forward leaves and pass to D one touch to forward one touch to D.

2. D pivots while forward bellies out toward the boards facing the puck and D keeps her feet moving and passes up to the forward who goes in and shoots. If there are enough D the D can join the attack and get a pass from the coach and take a point shot while forward screens.

Can add up to 3 forwards who all one touch pass.



Some simple rules were.

- when defending you don't have to beat them, they have to beat you. Create angles, protect the middle and be patient.

- when practicing the defense should play really tight gaps, if they get beat in practice that is ok, but if they don't challenge themselves to play tight they will never do it in a game. (it was one thing he said we could improve)

- the team has to make good plays 65% of the team to win. Defense 80% of the time. If your team makes 70% good plays you will win by a big margin. If you make 60%, you will lose by a big margin. So every play is crucial because it can swing that critical 5%.

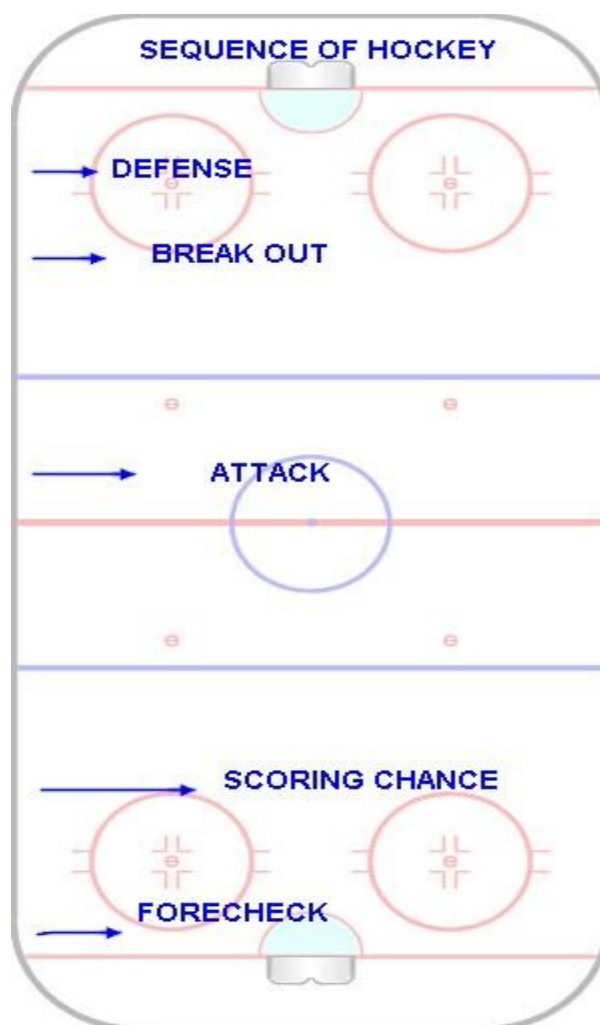
- players have to talk all the time (he noticed we don't help each other on the ice) The goalies have to be talking all the time. On a 2-1 yell I have the shooter". etc. (a 2 on 1 is really a 2 on 2 - goalies are people too.

- On a D to D pass inside the dots behind the net. If the other D gets the pass deep in the corner they have very few options.

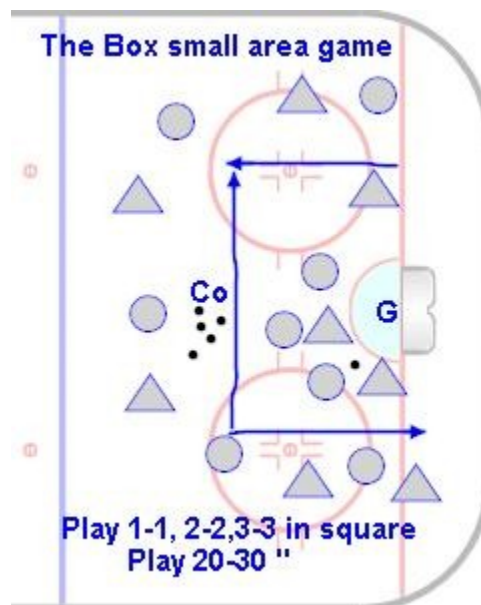
- D's stagger with one D always in the middle when doing a D to D. The last D is always backed up by their partner.

- Sequence one end of the ice to the other. Defense, breakout, attack, scoring chance, four check. You want to play the the last three most of the time. If you can't play defense then you never get to the last three. The diagram shows it.

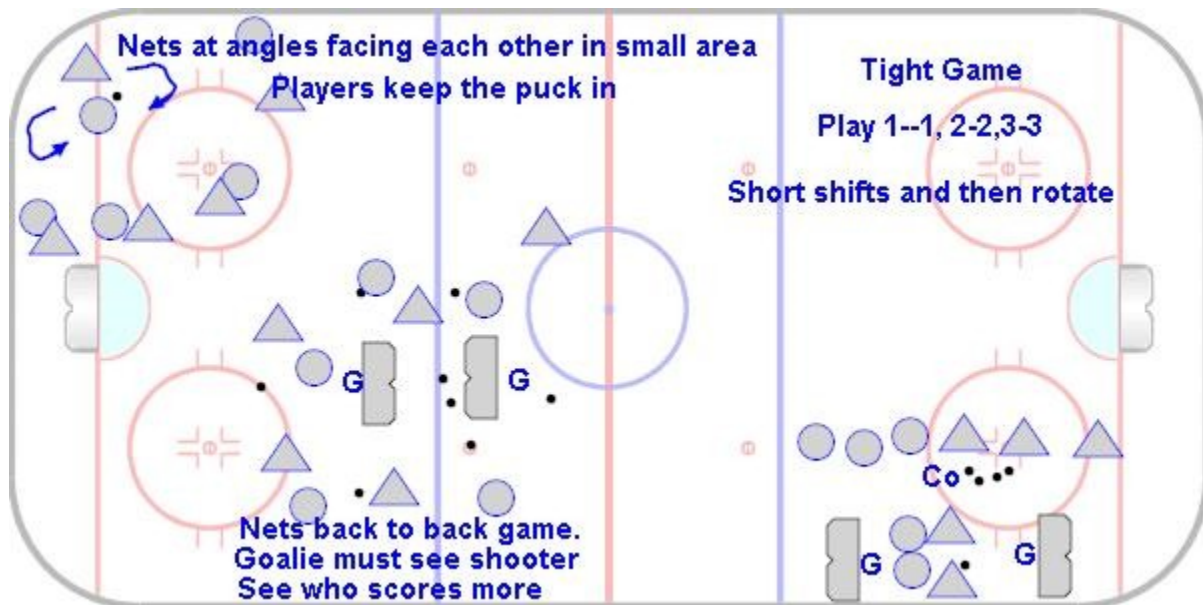
Our book has a lot of his activities as he played on my team one year between coaching jobs and I got a lot of ideas then.



The Box game.



Small area games



Don't have a diagram , but another tight game I like is putting 2 nets in the corner facing the boards, so that they make a box with the corner.
I also play the back to back game. One option I use is score on either net. Great workout for the goalies.