

Title : Tom Renney Warm-up

Category #1 :

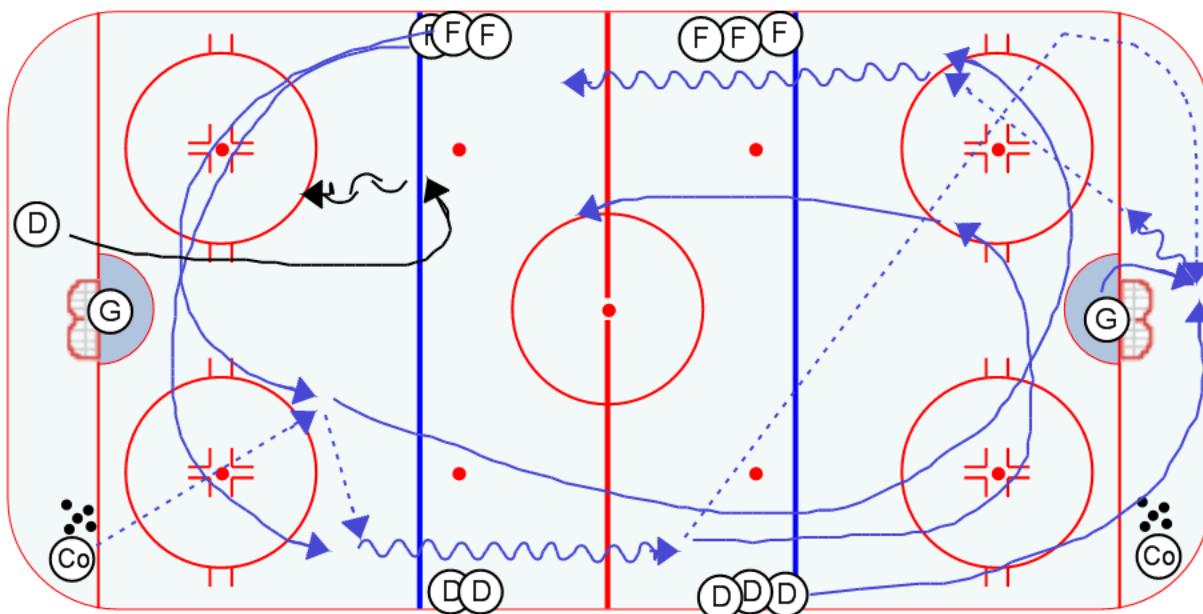
1 on 1, 2 on 1, 3 on 2

Category #2 :

Breakout

Content elements:

Components :



Key Points :

Breakouts

2 on 1

Description

Both sides go at the same time. After the dump in and breakout, both defensemen play 2 on 1 against the other line's forwards.

1. two forwards swing low and receive a pass from the coach, then step over the center line and dump it in.
2. goalie stops the puck for the defenseman, who initiates the breakout, then plays 2 on 1 against forwards from the other line.
3. forwards attack 2 on 1 against the defenseman from the other line