



“Once we’ve got the puck in our own end, take what they give you, and what you can safely get, quickly, to start up ice, but be very careful, a mistake can cost us a goal”

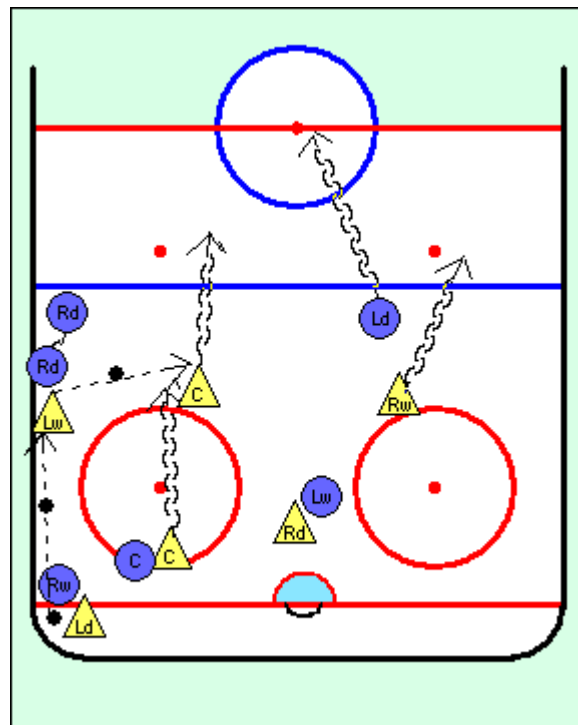
DEFENSIVE ZONE – TRANSITION TO OFFENCE – 9 PLAYS

Once we have control of the puck in our end, there are a number of ways to quickly move the puck up ice depending on how well they are forechecking, and how well we skate and handle the puck compared with them. The choice of which play to use depends on how much time and space you have.

If you have no time and no space, shoot the puck off the glass and out, but if you do have time and space learn the following, so you can adapt to the situation at high speed and instantly. Once you start executing these plays you and your line mates will invent many variations.

1. D To Winger To Centre Up The Middle

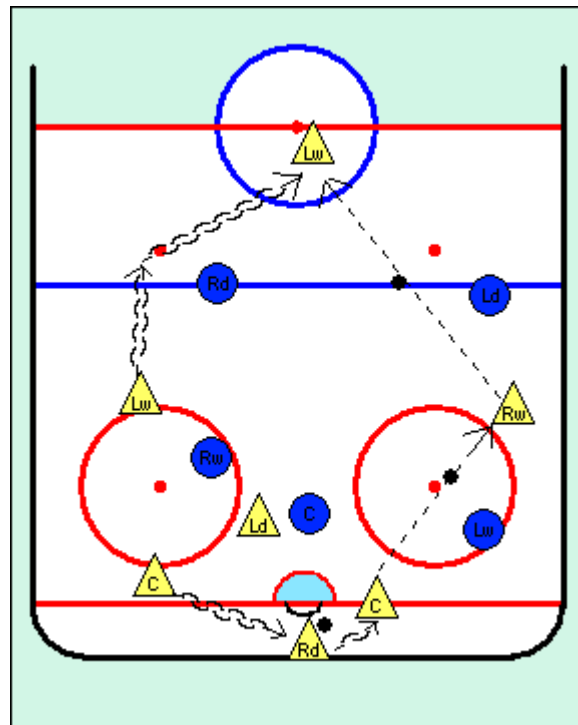
- Our defenceman can pass the puck around the boards or directly to either of our wingers at the hash marks by the boards, and our winger, in turn, can pass to our centre coming up the middle.





3. Centre Pick Up Puck From D Behind Our Net to Winger To Other Winger At Red Line

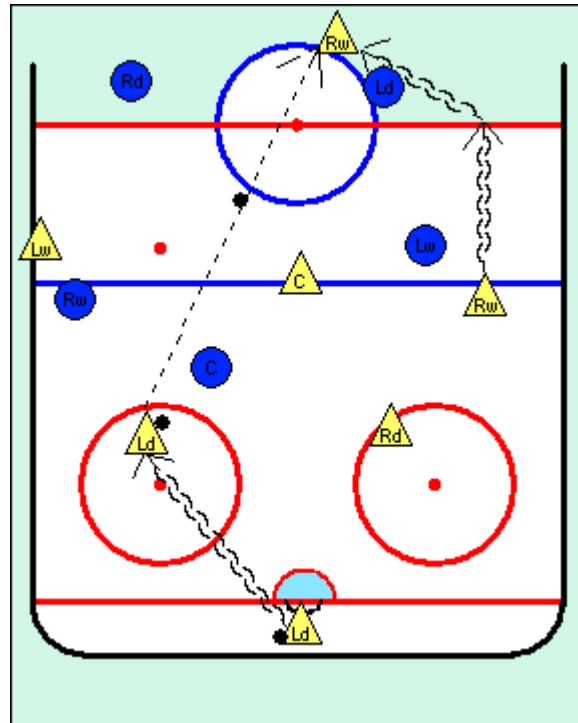
- Our defenceman can set up behind our net and wait for our centre to pick up the puck. Our centre can then pass to a winger at the hash marks or moving out of our end. This winger in turn can pass to the far side winger cutting across the middle around the red line.





4. D To Winger Cutting Across Around Their Blue Line

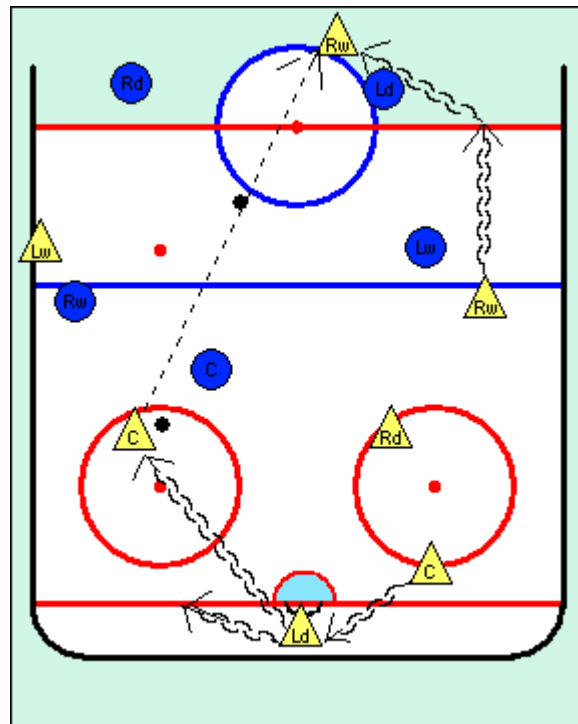
- Our defenceman can carry the puck up to or past the top of the circle in our end and pass to the far side winger cutting behind their defenceman at their blue line (if no 2 line offsides rule is in effect). This winger must read the play when the defenceman has first started skating up ice, so he has time to get behind their defenceman around their blue line.





5. Centre Pick Up Puck From D Behind Our Net To Winger Cutting Across Around Their Blue Line

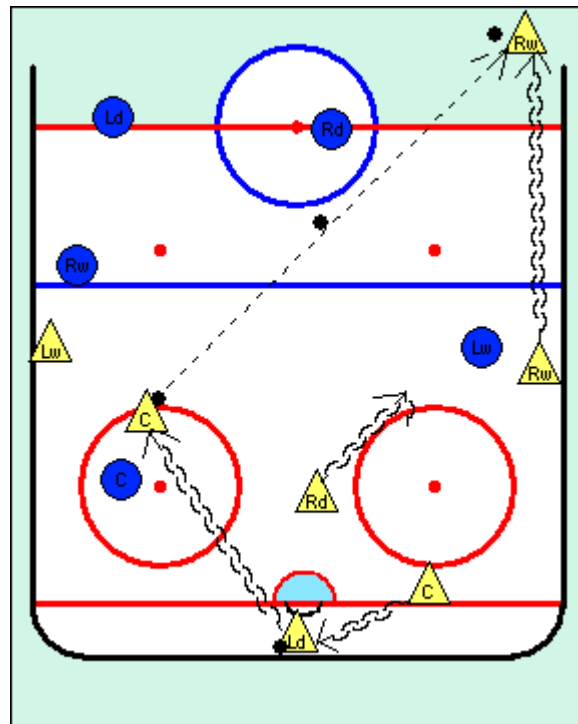
- Our centre, after picking up the puck behind our net can carry the puck up to or past the top of the circle in our end and pass to the far side winger cutting behind their defenceman around their blue line (if no 2 line offside rule is in effect). This winger must read the play when the defenceman has first started skating up ice, so our winger has time to get to around their blue line.





7. Centre Pick Up Puck From D Behind Our Net To Winger On Boards At Their Blue Line

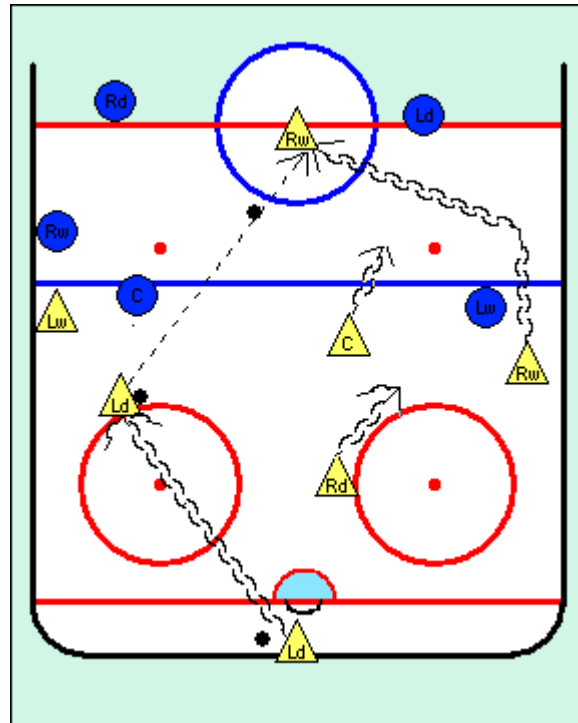
- Our centre, after picking up the puck behind our net can carry the puck up past the top of the circle in our end and pass to the far side winger on the far side boards at their blue line (if no 2 line offside rule is in effect) . This winger must read the play when the defenceman has first started skating up ice, so our winger has time to get to around their blue line close to the boards.





8. D To Winger Cutting Across At The Red Line

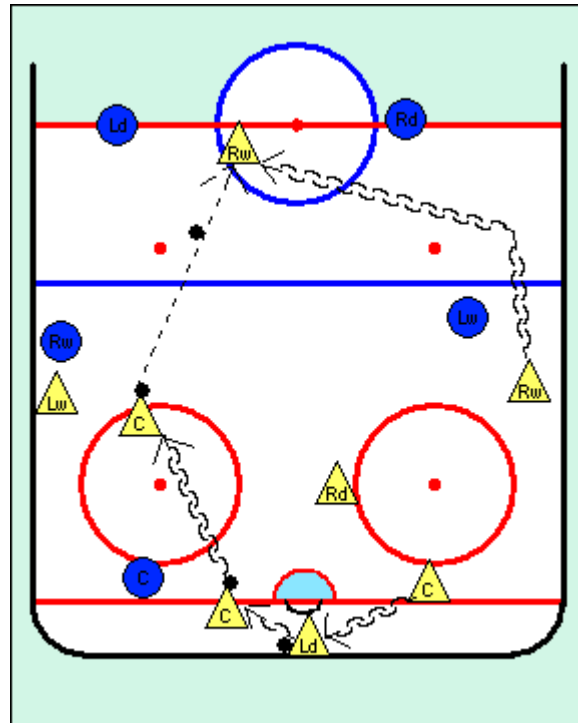
- Our defenceman can carry the puck up into the circle in our end and pass to the far side winger cutting in front of their defenceman at the red line. This winger must read the play when the defenceman has first started skating up ice, so he has time to get across ice into an open position.





9. Centre Pick Up Puck From D Behind Our Net To Winger Cutting Across At The Red Line

- Our centre can carry the puck up into the circle in our end and pass to the far side winger cutting in front of their defenceman at the red line. This winger must read the play when our centre has first started skating up ice, so he has time to get across ice into an open position.



PRACTICE DRILL:

Run a 5 on no one drill with 3 “defensive” forwards on the red line and 2 defencemen on the blue line, all players in a line across the ice with the centre shooting the puck into our defensive zone.

The “defensive” 5 player unit breaks out, trying one of the above plays each time.

Give feedback.

When the drill is completed, all five players quickly line up as before and the drill is repeated. Run 3 plays, then change the unit.



If we are teaching breakout plays to players who are not familiar with the options, show them the options off ice on a hockey board, and walk them through the options on ice. Then run this drill.

Run this drill often so the right option will more likely be chosen and become second nature when there is “time and space” for the option to work.