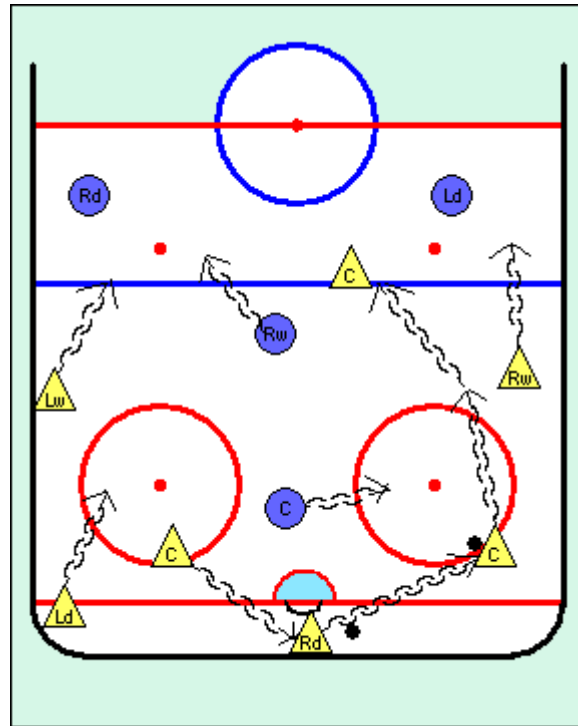




Our defenceman could then lead the rush as a 4th forward with our forwards spread out across the ice boards to boards, giving our defenceman easy, short release passes as these 4 players move up ice. Our other defenceman should stay back in case we lose the puck.



- If our forward sees he will be challenged right away if he picks up the puck from our defenceman behind our net as he approaches the puck, our forward can just skate fast right by our defenceman behind our net, faking to pick up the puck, but not picking up the puck. Usually this happens so fast that when our forward goes past our net and up ice, their forechecker goes with him and thus allows our defenceman to carry the puck out the opposite way up ice. Our other forwards would have come back into our end and curled at the same time giving us 4 players heading up ice spread out across the ice boards to boards.



Make sure each unit is wearing different coloured jerseys, and each player in each unit has the same coloured jersey as we want high speed instant peripheral same team player recognition and it is almost impossible to accomplish this without jersey colour recognition.

Vary the starting positions of the 5 player and 4 player units and players (closer together or further apart) to reduce or increase the time the defensive defencemen will have to get puck control in their defensive corner or to go D to D behind their net or for the centre to pick up the puck behind our net. This will replicate “real” hockey conditions.

If we are teaching the power play breakout options to players who are not familiar with them or when to use them, show them the options off ice on a hockey board, and walk them through the options on ice.