

NRS DRILL OF THE WEEK

Breakouts

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Overview:

Breaking out of the defensive zone or into the offensive zone is all about getting open. From the defensive zone you want to break into the middle of the ice to avoid getting trapped on the boards and allow for more passing options. When breaking into the offensive zone you want to break toward the boards so you can set up in the offensive zone. Getting open is all about timing, change of speed, L-cuts, fakes and change of direction.

L-Cuts for Breakout - This is a drill that should be used to explain how useful lateral cuts are to lose a check and how it spreads out the ice.

1v1 Break - This drill works on timing and L-Cuts

Quick 2v2 - This drill works on breaking free from man on man coverage using L-cuts, change of speed, fakes, and stops.

Title : Lateral Cuts for Breakout **Content elements:** Breakout **Components :** L-Cut, Passing, Timing

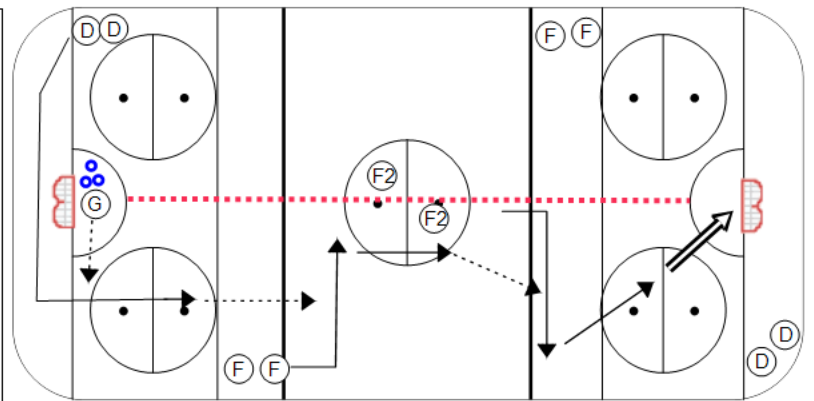
Description

This can be run from both ends of the ice. Remind them to stay on their half!

D skates behind the net, receives a pass from the goalie, skates to ringette line to pass to F.

F skates up the ice and makes a lateral cut across the blue line, receives a pass from the D. Skates up the ice and makes a pass to F2.

F2 makes a cut from the center of the ice across the blue line and receives a pass from F. Skates in and takes a shot on the goalie.



Key Points :

Heads up

Title : 1 v 1 Break

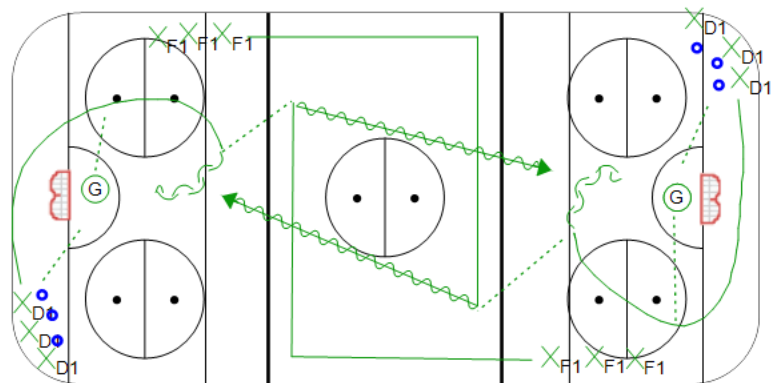
Category #1 : Goalie Ring

Category #2 : 1 v 1

On the whistle D1 passes to G, G passes it back to D1, D1 passes it to F1 from the opposite side who is breaking across the blue line. Then D1 plays defence against the the forward who received the ring from the other D.

F1 has to time it to be breaking over the blue line when the D is close enough to pass the ring.

Both D's need to leave at the same time to ensure no collisions occur. (leave on the whistle)



Title : Quick Break 2 v 2

Content elements: Man on Man

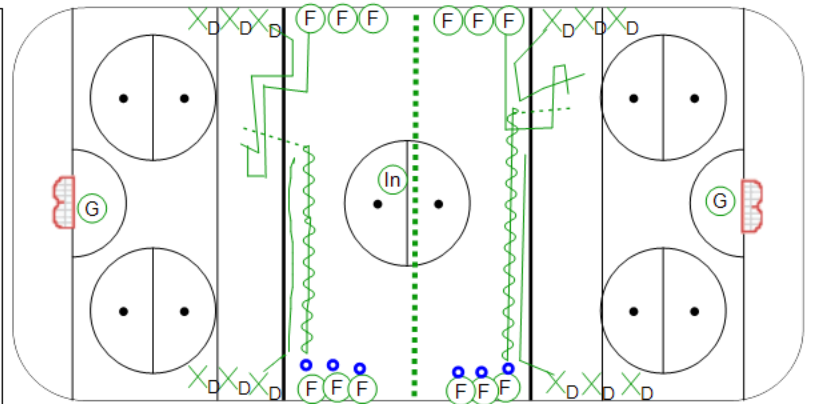
Components : 2 v 2

Description

On each blue line there is a line of D and F. The circles are on the same team and the Xs are on the same team. The D cover the F man on. Forwards have to try and break in the zone over the blue line for a 2 on 2. Both sides go at the same time on the whistle.

Highlight key points for getting open with man on coverage.

- Change of speed
- I cuts
- change of direction
- fakes



Key Points :

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