

C6-600 Breakout 2F and 1D Rush 3-1 – Pro

Key Points:

Defense must have quick feet and drive skate behind the net and make a good pass from between the dots. D in front must recognize he is third man and join the 3-1 rush.

Description:

1. D1 skate up to the top of the circle and back and to up a puck then wheel behind the net.
2. F1-F2 come into the zone from each side for a breakout pass, D2 starts in front of the net.
3. D1 make a breakout pass and D2 joins to make 3 on the rush.
4. Attack 3-1 vs. D3.
5. Give a time limit to score and then the repeat the other way with F3-F4 and D3 attacking vs. D1 who follow the rush to the far blue line.

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