NHLCA FEATURE DRILL

NOVEMBER 15, 2023

5-MAN BREAKOUT

Category: Breakout

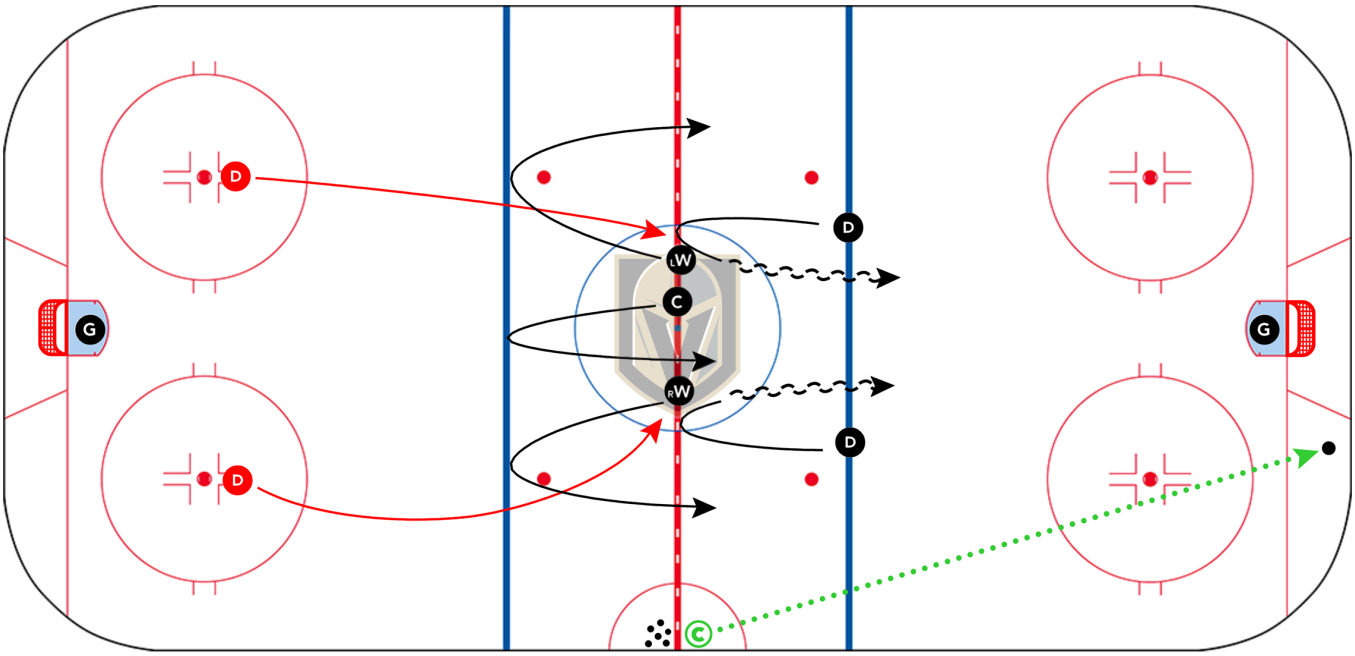
Team: Vegas Golden Knights

Description:

- Group of 5 in NZ. FWD line starts on center red line and tags up on blue line.
- D start on blue line and tag up on red line.
- The coach spots puck in corner and calls breakout option.
- Group of 5 breakout and attack 2 defence who have gapped in NZ and absorb rush.

Drill Progression

- Breakout options & routes
- Add 2nd puck for deep NZ regroup and 2nd 3 vs 2 attack.



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