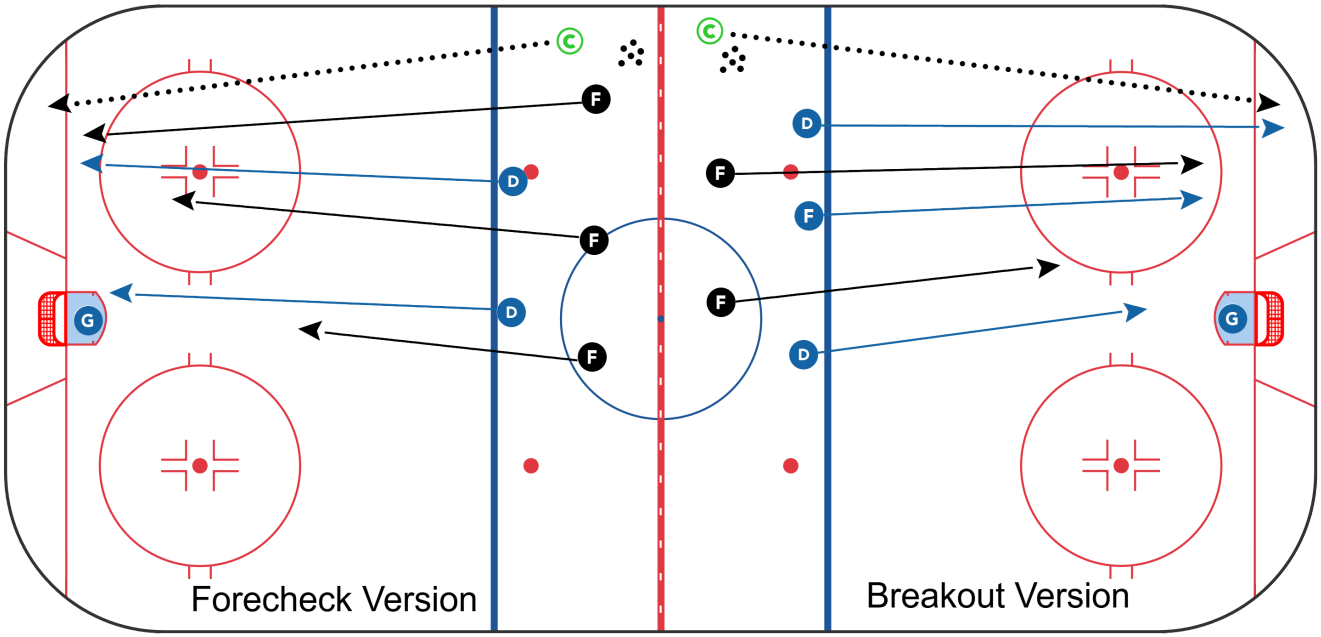
10-24

Duration: 50 mins

Black: Parker Mason Bennett Aiden Tony Will	0 mins
White: Colton Tyler Landon Bryson Peyton	0 mins
4 Square while goalies have warmup on other end	10 mins
Do both versions of Chiefs Special work on breakout and forecheck	0 mins
Chief's Special	20 mins



Description

- A coach is at center ice with pucks. There are two teams. Based on the emphasis desired (breakout or forecheck), the coach manipulates the number of players for each team.
- The coach dumps the puck into the zone. The defending teams attempts to break the puck out and carry it over the blue line with possession. The attacking team works to forecheck, create a turnover and try to score.
- After a breakout, a goal is scored or about 30 seconds (on a whistle), the next group goes.

Versions:

- Breakout version: Defending team has 3 players, attacking team has 2 players.
- Forecheck version: Defending team has 2 players, attacking team has 3 players.
- Game version: Keep score of breakouts vs goals. Can also add bonus points for specific skills or concepts you want to emphasize.

MINNESOTA DRILL OF THE WEEK
Created by: Brad Drazan, Head coach of Prague High School

Key Points

Breakout team:

- Sprint back for the puck.
- Shoulder check to read pressure.
- Use deception to gain separation.

Forecheck team:

- Take away time and space.
- Anticipate and disrupt breakout plays.

5 man breakout add 1,2,3 forecheckers	**10 mins**

end with game	**10 mins**