

Title : 3 on 3 Forecheck / Breakout

Category #1 :

Jack Arena

Category #2 :

Half Ice

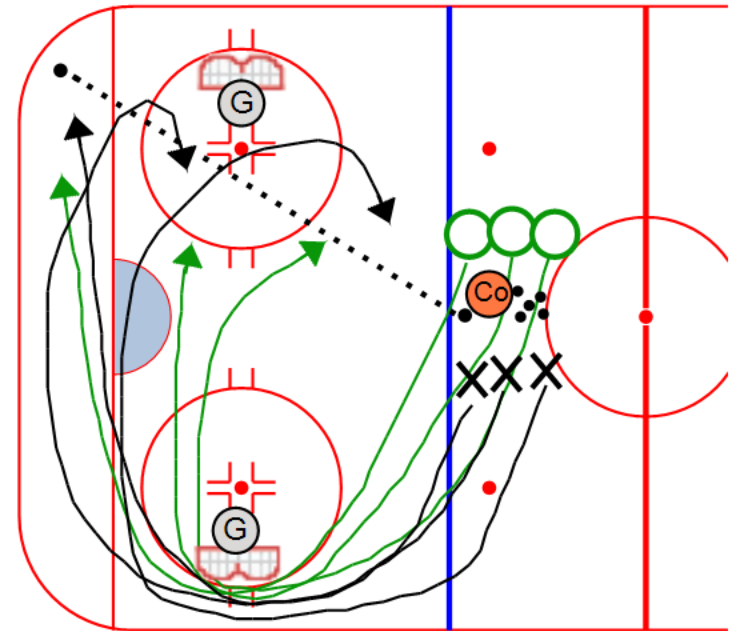
Description

Coach starts the drill by dumping the puck into either corner.
Three players from each team circle the OPPOSITE net and play 3x3.

In this diagram the black team will breakout while the green team forechecks.

Points of emphasis:

- The offensive team (team breaking out) should always reach the puck first.
- They must look to support the puck and provide options for the puck carrier.
- The forechecking team must concentrate on angling and taking away passing lanes.
- This is an excellent drill to emphasize breakout and forechecking fundamentals.



Key points:
