

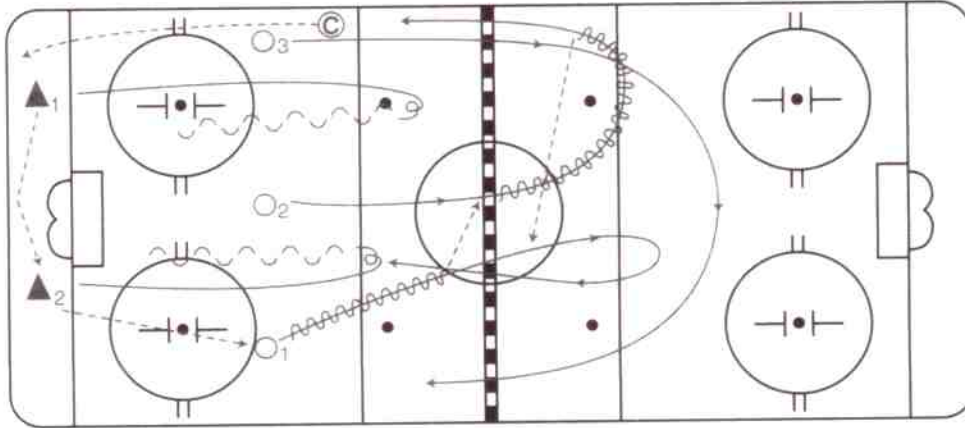
Three-on-Two, Five-on-Two, and Breakout Drills

This chapter includes breakout drills and drills for three-on-two and five-on-two situations. The breakout drills in this chapter offer a variety of common systems for moving the puck up the ice quickly and transition in the neutral zone. Three-on-twos are common in game situations and the drills in this chapter will help both offensive and defensive players to develop the skills needed to execute them properly. The five-on-two drills included in this chapter enable the team to practice situations in which two defensemen break out of the defensive zone with three forwards, which makes a five-on-two. Five-on-twos are basically the same as three-on-twos with the exception that two defensemen trail the play. Therefore, the five-on-two drills here also include working on neutral zone regroup as regroup usually result in a three-on-two situation moving from the neutral zone to the defensive zone.

The general rules used in a three-on-one also apply to three-on-two situations. The puck carrier attacks with speed, the second attacker goes to the net to disrupt the two defenders, and the third player trails the play in the high slot, which opens up after the defender goes to the net. Other offensive plays include the player with the puck going wide and passing back to a trailing player, or the player with the puck in the middle slowing up at the blue line while the two wide players go to the net. In each case, at least one player without the puck goes to the net to force one defender to turn. If the three-on-two starts with a breakout, the puck should be passed by the defensemen to the forwards. Short passes are best in this situation because there is less risk of interception. However, a long pass can occasionally be made either up the middle or up the boards to the neutral zone in order to force the defensemen to retreat from the blue line.

In a three-on-two situation, the defenders should play on the middle two-thirds of the ice, protecting the middle. They should be positioned with slightly more space to the middle in order to protect the main scoring area. Each defender should play on half the ice toward the middle between two of the three attackers but not allowing the attacker to beat the defender wide. The defender should try not to get turned by an attacker going wide. The defenders should try to keep as tight a gap as possible and not leave too much space because this screens the goalie for the shot.

1. The coach shoots the puck into the corner to start the drill.
2. Defenseman 1 takes the puck and passes behind the net to defenseman 2, who then passes to forward 1.
3. Defensemen 1 and 2 break out with forwards 1, 2, and 3 (going 5v0).
4. When forwards 1, 2, and 3 get to the far blue line, they loop back and go 3v2 against defensemen 1 and 2.



The following sequences are basic breakout systems that should be practiced with the 5v2 to break out of the defensive zone.

Sequence 1: D to D Behind the Net

1. Defenseman 1 passes the puck behind the net to defenseman 2.
2. Defenseman 2 passes to forward 2.
3. Forwards 1, 2, and 3 break out of the zone.

Sequence 2: Quick Up

1. Defenseman 1 turns quickly with the puck and passes to forward 1.
2. Forwards 1, 2, and 3 break out of the zone.

Sequence 3: D to D in the Corner

1. Defenseman 1 stops behind the net.
2. Defenseman 2 goes to the corner.
3. Defenseman 1 passes to defenseman 2.
4. Defenseman 2 passes to forward 2.
5. Forwards 1, 2, and 3 break out of the zone.

Sequence 4: Double Swing

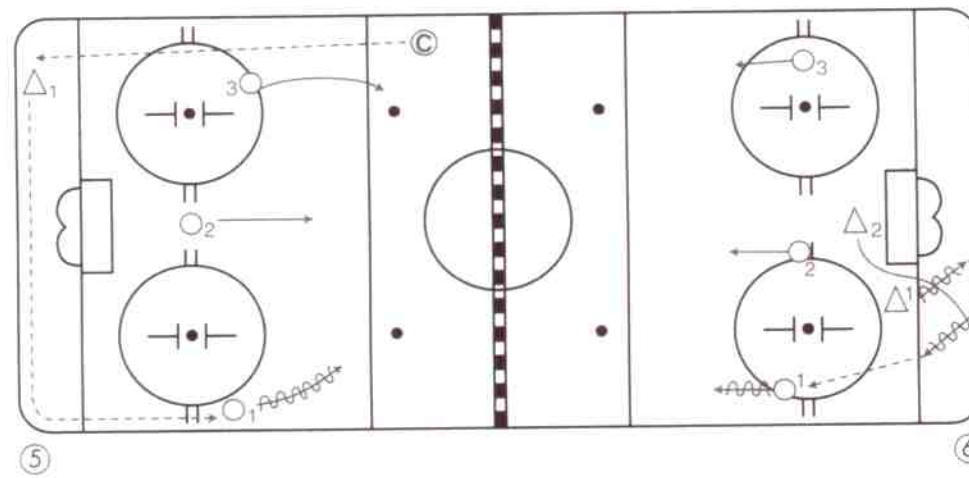
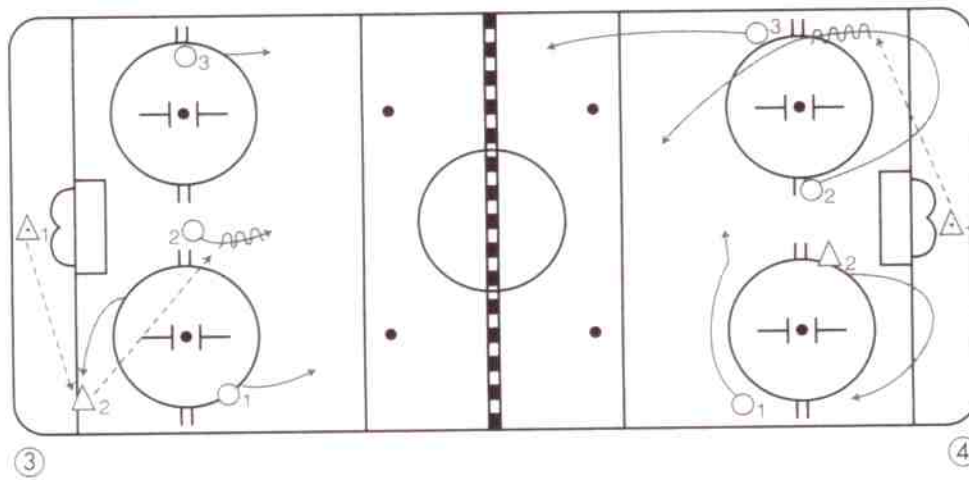
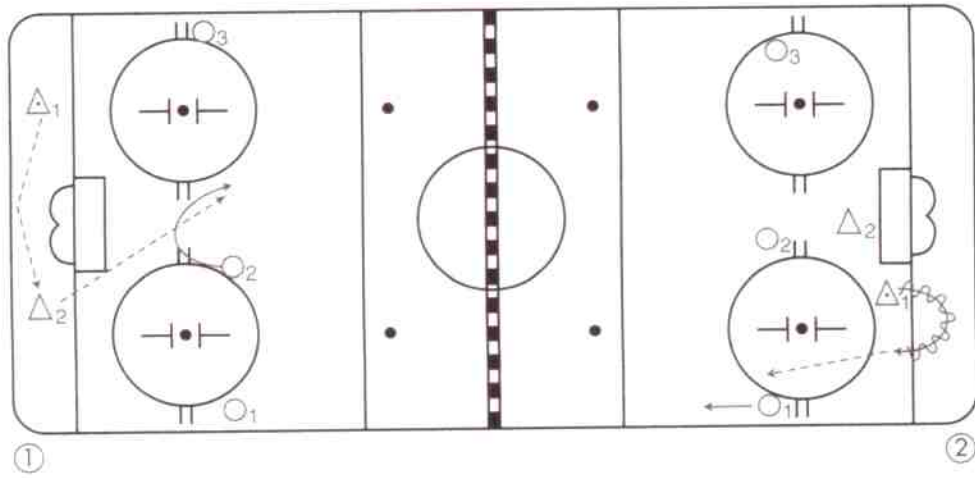
1. Defenseman 1 stops behind the net.
2. Forward 2 swings to one corner. Defenseman 2 swings to the other corner.
3. Defenseman 1 passes to forward 2.
4. Forward 3 skates straight ahead, and forward 1 skates to the middle of the ice.
5. Forwards 1, 2, and 3 break out of the zone.

Sequence 5: Rim

1. The coach passes the puck to defenseman 1 in the corner.
2. Defenseman 1 receives the puck and then rims the puck around the boards to forward 1.
3. Forwards 1, 2, and 3 break out of the zone.

Sequence 6: Reverse

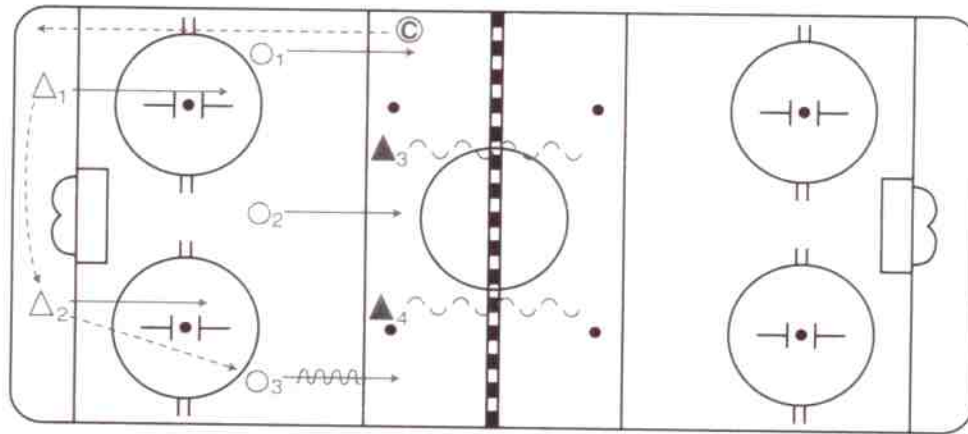
1. Defenseman 1 skates behind the net with the puck and back passes the puck off the boards.
2. Defenseman 2 comes from the front of the net, gets the puck, goes in the opposite direction, and then passes the puck to forward 1.
3. Forwards 1, 2, and 3 break out of the zone.



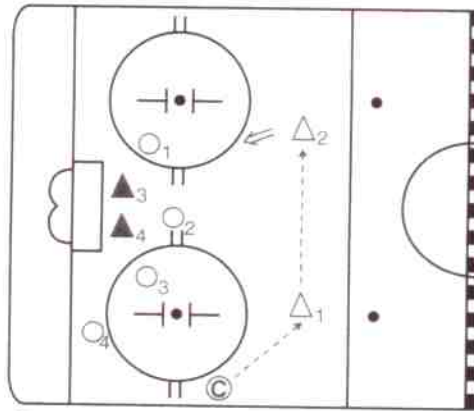
1. The coach shoots the puck into the corner to start the play (see figure 1).
2. Defensemen 1 and 2 use different breakouts each time with forwards 1, 2, and 3.
3. Forwards 1, 2, and 3 go 3v2 against defensemen 3 and 4 toward the other end.

Variations

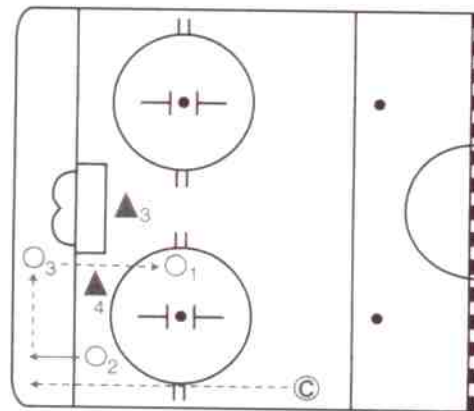
- After the play is finished, the coach passes a second puck to defenseman 1. Defenseman 1 passes to defenseman 2, and defenseman 2 shoots. Forwards 1, 2, and 3 stay in front of the net with defensemen 3 and 4 (see figure 2).
- After the play is finished, the coach shoots a second puck into the corner. Forwards 1, 2, and 3 play 3v2 against defensemen 3 and 4 down low (see figure 3).



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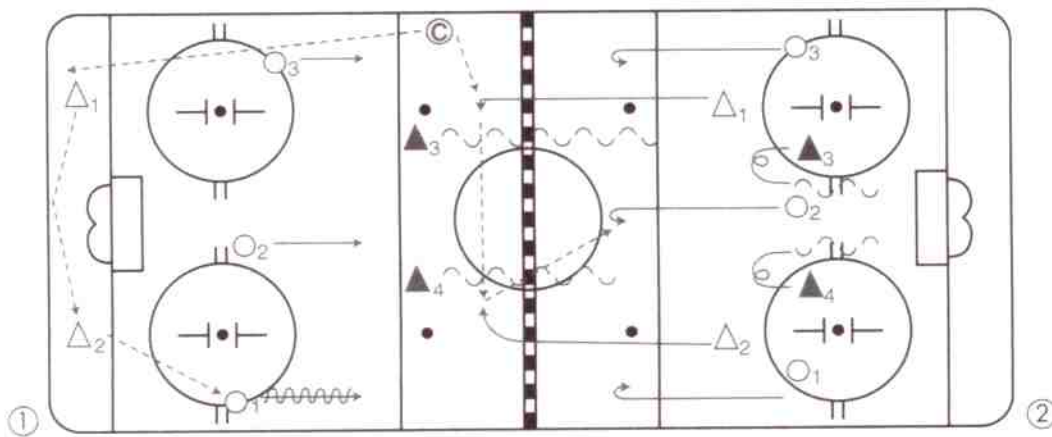


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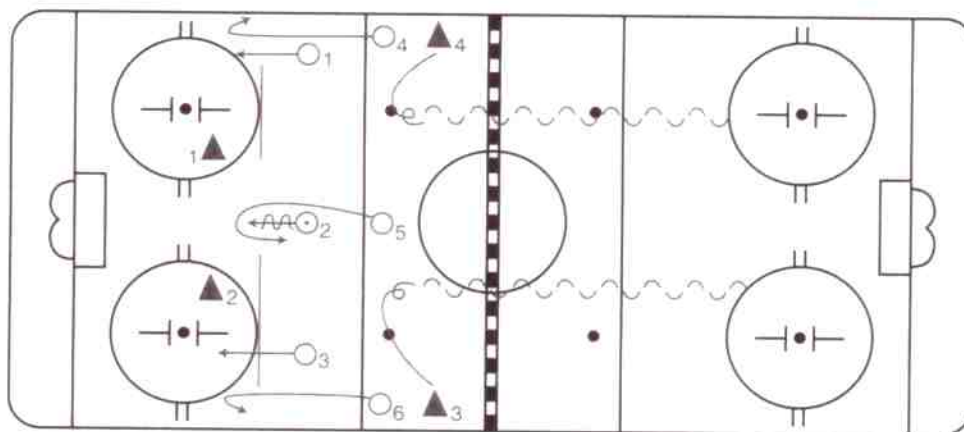
1. The coach shoots the puck in to start the drill.
2. Defensemen 1 and 2 break out with forwards 1, 2, and 3, going 5v2 against defensemen 3 and 4 (see figure 1).
3. When the play is finished at the far end, the coach passes a puck (chips back) to the far blue line.
4. Forwards 1, 2, and 3 clear the offensive zone by skating over the blue line to the neutral zone.
5. The defenseman that retrieves the puck passes the puck to the other defenseman or to forward 1, 2, or 3 and the three forwards go 3v2 again against defensemen 3 and 4 (see figure 2).

Variation

After the last 3v2 the coach can pass a puck to defenseman 1 or 2 for a second shot or put a puck in the corner for a low 3v2.

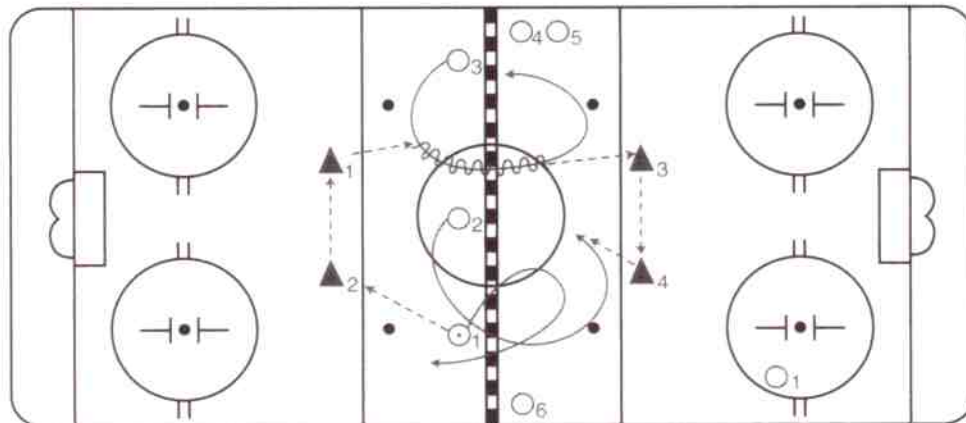


1. Forwards 1, 2, and 3 go 3v2 against defensemen 1 and 2.
2. As soon as forwards 1, 2, and 3 pass the top of the face-off circles, forwards 4, 5, and 6 go inside the blue line to the top of the face-off circles.
3. When defensemen 1 and 2 gain possession of the puck or when the goalie freezes the puck, defensemen 1 and 2 start a breakout with forwards 4, 5, and 6 toward the other end.
4. Defensemen 3 and 4 skate to the blue line, pivot, and skate backward.
5. Forwards 4, 5, and 6 go 3v2 against defensemen 3 and 4.
6. Only one puck is used. If the puck is shot over the glass and boards, the goalie retrieves a puck from the net to start the next rush.
7. The drill is continuous.



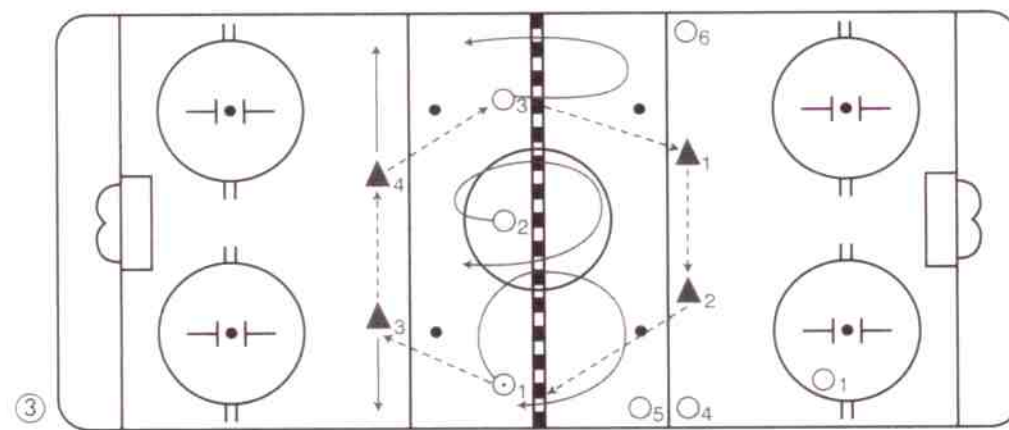
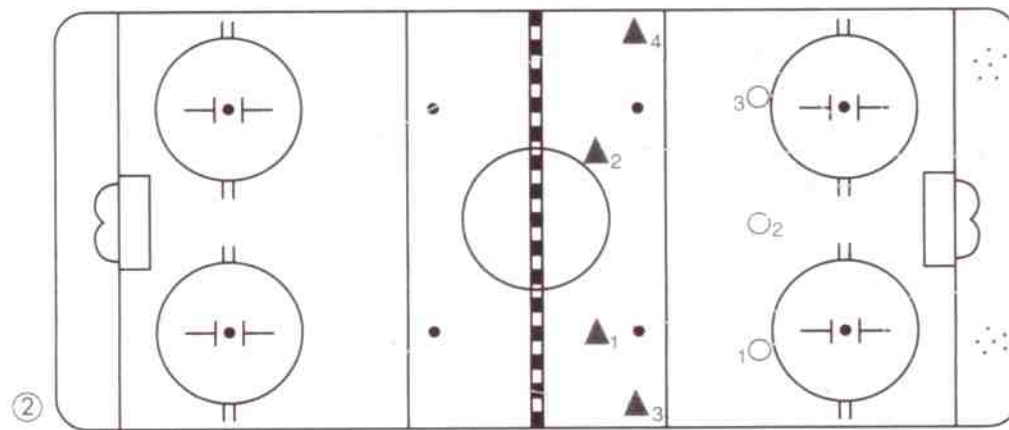
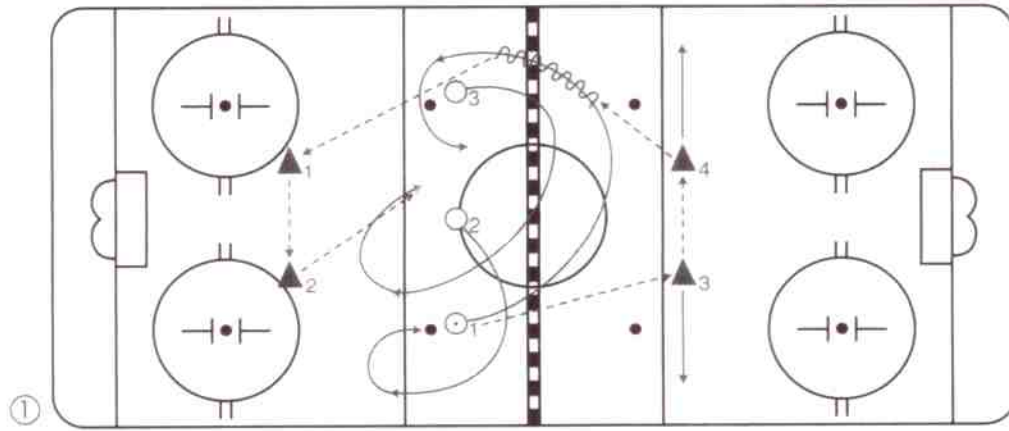
TWO REGROUPS, 5V2 FROM THE CENTER LINE

1. Forward 1 passes to defenseman 2.
2. Defenseman 2 passes to defenseman 1.
3. Forwards 1, 2, and 3 regroup with defensemen 1 and 2, regroup with defensemen 3 and 4, then go 5v2 against defensemen 1 and 2.
4. Forwards 4, 5, and 6 go next, regrouping with defensemen 3 and 4, then with defensemen 1 and 2, and finally going 5v2 against defensemen 3 and 4.



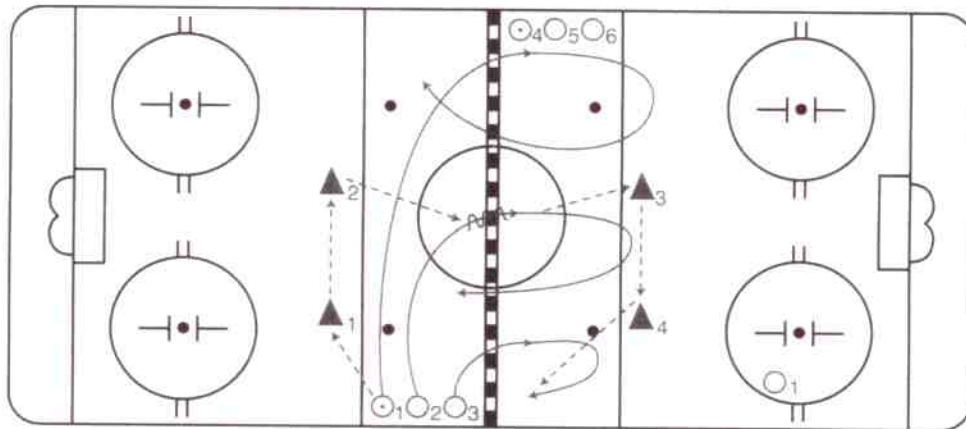
**CHICAGO 5V2, TWO REGROUPS, 5V2,
TWO REGROUPS, REPEAT**

1. Defensemen 1 and 2 break out with forwards 1, 2, and 3.
2. Forwards 1, 2, and 3 regroup with defensemen 3 and 4 first, then regroup with defenseman 1 and 2 (see figure 1).
3. Forwards 1, 2, and 3 and defensemen 1 and 2 go 5v0, with defensemen 3 and 4 going to the side boards.
4. Defensemen 1 and 2 skate to the end boards after the 5v2 and start the next breakout with forwards 1, 2, and 3 (see figure 2).
5. Defensemen 3 and 4 go to the opposite blue line.
6. Forwards 1, 2, and 3 regroup with defensemen 3 and 4 and then with defensemen 1 and 2, who are now at opposite blue lines (see figure 3).
7. Forwards 1, 2, and 3 go 5v0 to finish the drill with defensemen 1 and 2.
8. Defensemen 3 and 4 move to the side boards.
9. The next part of the drill starts at the opposite end, with forwards 4, 5, and 6 breaking out.

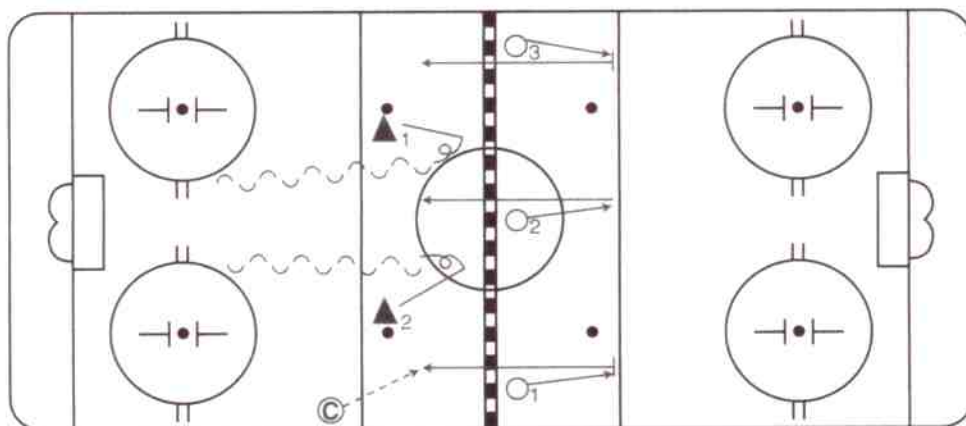


TWO REGROUPS, 3V2 FROM THE SIDE BOARDS

1. Forwards 1, 2, and 3 come off the side boards and regroup with defensemen 1 and 2, and then with defensemen 3 and 4.
2. Forwards 1, 2, and 3 then go 3v2 against defensemen 1 and 2.
3. Forwards 4, 5, and 6 go next, regrouping with defensemen 3 and 4, then with defensemen 1 and 2, before going 3v2 against defensemen 3 and 4.



1. Forwards 1, 2, and 3 start at the center line. Defensemen 1 and 2 start at the blue line.
2. On the whistle from the coach, forwards 1, 2, and 3 skate to the far blue line, stop, and skate back toward the center line.
3. Defensemen 1 and 2 skate to the center line, stop, pivot, and skate backward.
4. The coach then passes a puck to forward 1, 2, or 3, and the forwards go 3v2 against defensemen 1 and 2.
5. The next three forwards and two defensemen go in the opposite direction for the 3v2.



1. Forwards 1, 2, and 3 come off the side boards and take a pass from the coach (see figure 1).
2. Defensemen 1 and 2 skate from the side boards, pivot, and skate backward.
3. Forwards 1, 2, and 3 go 3v2 against defensemen 1 and 2.
4. Forwards 4, 5, and 6 go next against defensemen 3 and 4, repeating the same pattern from the opposite side boards and toward the opposite goal.

Variations

- Forwards 1, 2, and 3 go behind the net, receive a pass from the coach, and go 3v2 against defensemen 1 and 2 (see figure 2).
- After the 3v2 play is finished, the coach shoots a second puck into the corner. Forwards 1, 2, and 3 go 3v2 against defensemen 1 and 2 by cycling in the corner.

