

NHLCA FEATURE DRILL

OCTOBER 15, 2024

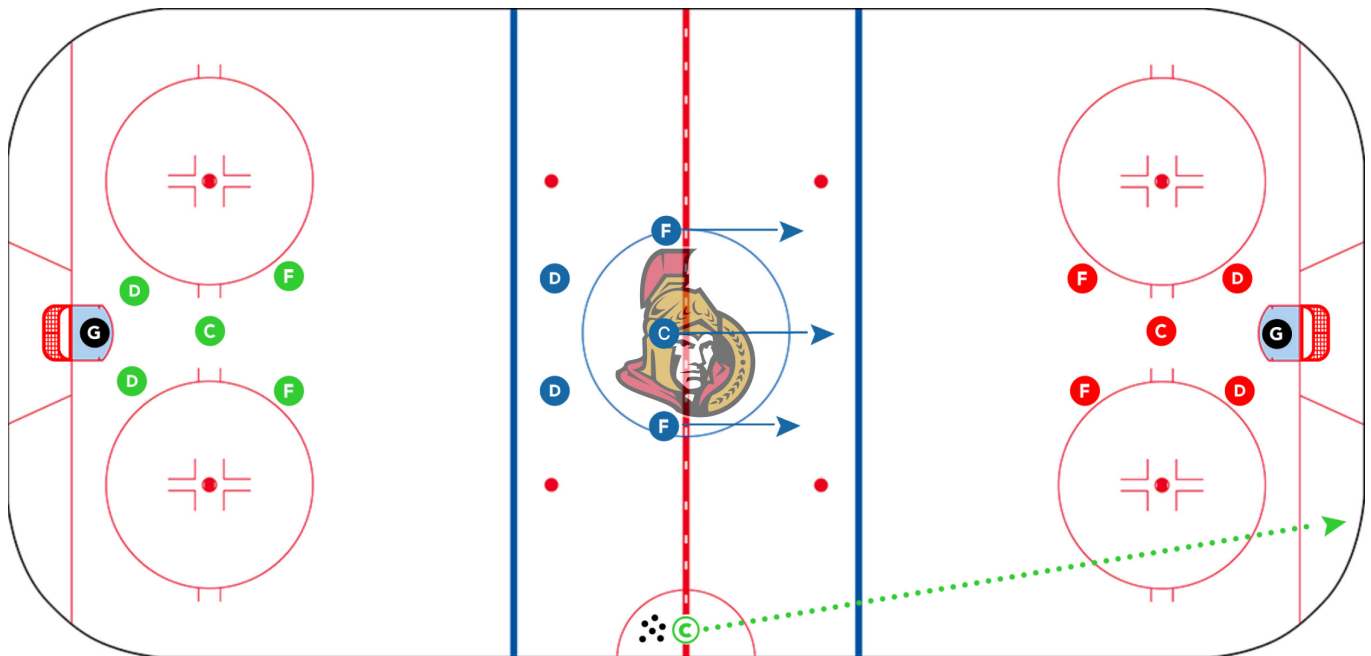
PERPETUAL BREAKOUT / FORECHECK

Category: Forecheck

Team: Ottawa Senators

Description:

- 5 defenders start in "5 card" formation.
- **Coach** dumps the puck in.
- 5 attackers forecheck using a specified forechecking system.
- 5 defenders play DZC until they are able to execute a breakout.
- After the defenders break out of the zone, the attackers are done and peel off to the bench.
- After breaking out, the defenders cross the center line, and dump the puck in for the 5 new defenders who have lined up in "5 card" formation.
- The 5 who dumped it in become the new forecheckers.



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