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Flare Breakout

This shows the defensive zone patterns and 3 options for forwards patterns that could be used.

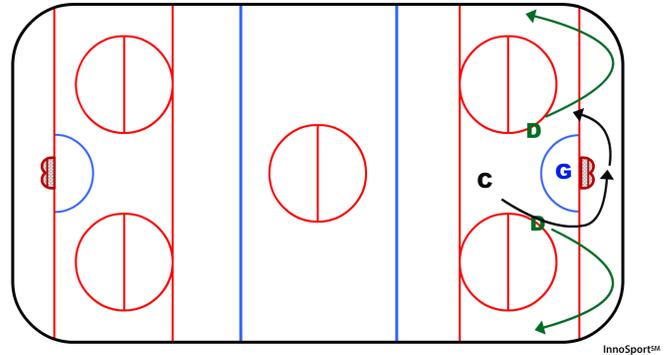
Flare

This is one of the more basic breakout patterns.

The defense "flare" or curl to the corner on opposite sides, and the center goes behind the net.

The goalie can pass to either of the defense or to the center on either side of the net.

All players can continue up the ice to get the ring to the forwards in the offensive zone.



High-Low Forwards

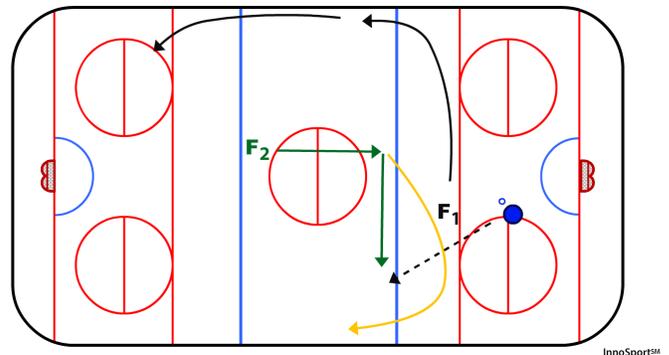
This is a basic pattern for the forwards to skate during a breakout

In this diagram, F1 is referred to as the "low forward". F2 is the "high forward".

As the defense or center get the ring in the defensive zone, the forwards start their pattern. The low forward skates away from the ring, up the boards and to the offensive zone.

The high forward skates toward the ring, making a cut to get open, or skating the optional yellow line to be in a good position to receive a pass in the quiet zone.

The player with the ring could pass to the low forward on the opposite side if the timing allows.



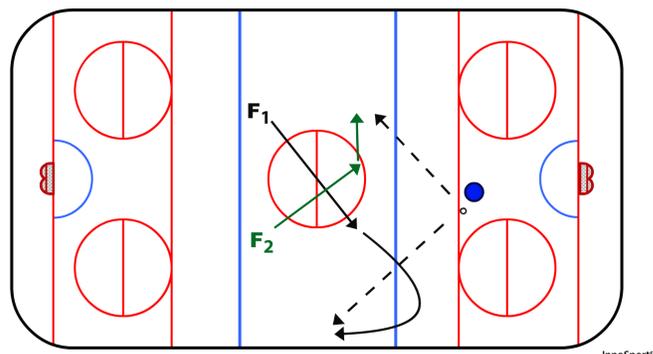
2 High Forwards

This is an example of how forwards can move in the breakout.

Both forwards start near the far blue line. As the center and defence breakout, the forwards cross near center ice, hopefully losing their opponent's coverage in the process.

The forwards can either loop and receive the ring while skating up ice near the boards (F1) or make a cut parallel to the blue line (F2). Their path will be determined by their own speed, the speed of the player bringing the ring out, and where the opponents are.

The forward who does not get the ring should continue up ice, get ready to receive the ring in the offensive zone, and support the play overall.



2 Low Forwards

This is an example of how the forwards can move on a breakout.

The forwards start near the ringette line (while the play is going on in the defensive zone, they can be checking opponents who cross the line). In this example, the defense is bringing the ring up on the right side of the ice. The forward closest to that side (F1) "leaves". She skates up ice and clears the area.

The forward on the opposite side of the ring (F2) skates to "fill" F1's spot. She can turn and receive the ring along the boards or skate the alternate (yellow) route and make a cut over the blue line.

This pattern is sometimes referred to as "strong side stretch". This could also be done in the other direction if the defense skates the ring up the left side of the ice.

