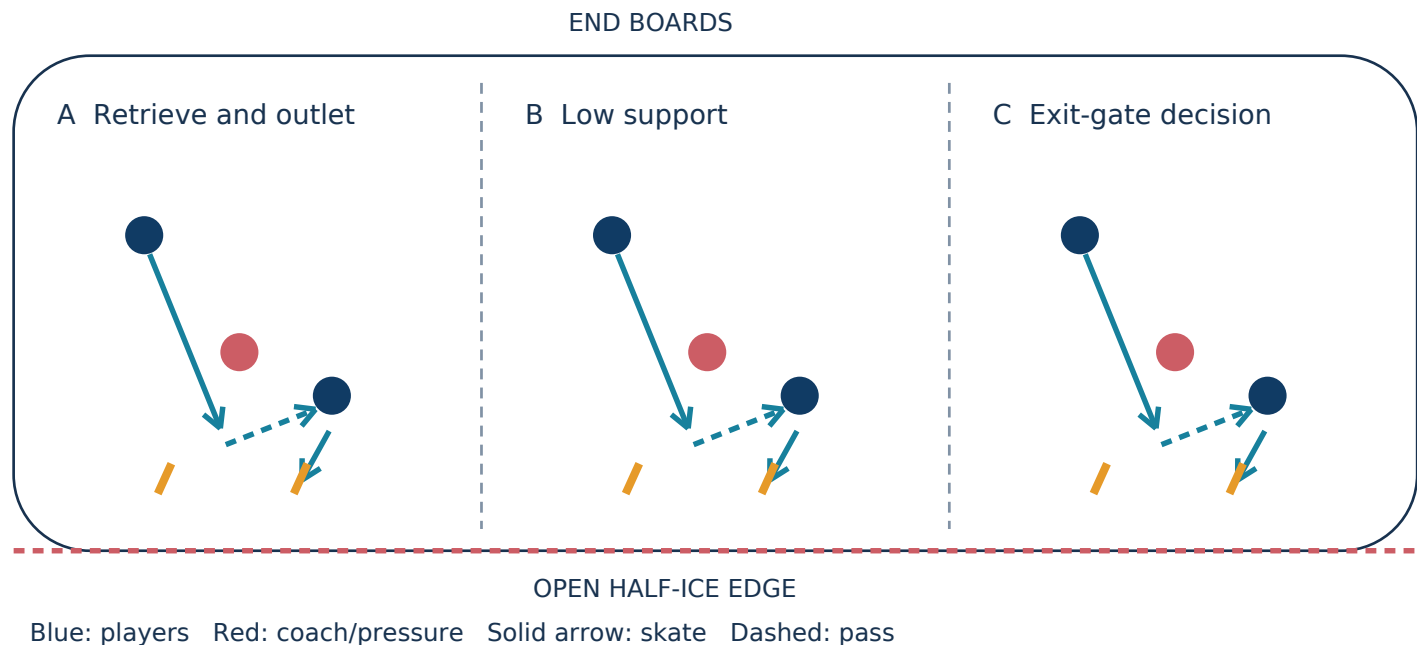


10U Half-Ice: Breakouts Made Simple

60 MINUTES | ONE-PAGE BENCH COPY | NEXT SHIFT HOCKEY

Look before retrieval; make a short first pass to nearby support.



60-minute half-ice rotation: A/B/C run together.

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|--------------|---|
| 0-8 | Retrieval warmup. Pairs retrieve and make short passes. Look over both shoulders before collecting the puck. |
| 8-12 | Show the first pass. Demonstrate a nearby wall option and underneath support. Name the high exit gates. |
| 12-36 | Three stations. A retrieve and outlet; B low support; C exit-gate decision. Rotate every eight minutes. |
| 36-48 | 3v2 exit game. Whole half ice, no shooting. Three try to exit through either high gate; two defend. Coach feeds a new puck after exit, turnover or 30-40 seconds. Rotate all roles. |
| 48-56 | Read pressure. Let defenders choose which gate to protect. Award a point for a controlled exit; emphasize the available pass. |
| 56-60 | Huddle. Ask: How close was your support when we won the puck? Connect to a simple game exit. |

A - Retrieve and outlet: Coach places a puck near the end boards. One player shoulder checks, retrieves, turns into open space and passes to a nearby outlet. Two pairs alternate; switch roles after each rep.

B - Low support: One player receives from a coach and passes to a teammate supporting underneath. Receiver opens toward the puck. Use a cone line as the simulated wall; add a passive coach stick after clean repetitions. Alternate pairs.

C - Exit-gate decision: Play 2v1 in the lane. Attackers start with a retrieval and try to pass or carry through either cone gate at the high edge. Defender protects a lane. Fourth player rotates in every 30 seconds; no rush across stations.

COACH CUES: Look before you touch. / Come low enough to help. / Choose the open first pass.

GOALIE: During stations, goalie joins the retrieval warmup only if supervised, then does crease skating with a coach in a clearly separated area. During whole-half exit games, goalie is a supervised outlet behind the net or rests outside play; no forced puck handling.

SETUP: 12 skaters: three groups of four, one coach per station. Rotate every eight minutes after the demo. With two coaches, run A and B for two eight-minute rounds, then repeat the weaker skill for eight minutes; finish with the net game. Use fewer players per rep and quick changes.

SAFE PLAY: Set clear lanes and use rink-approved dividers where available. No body checking, wrestling or pushes into boards. Keep waiting players outside shooting lanes; shoot toward end boards. Stop all pucks before rotating.