

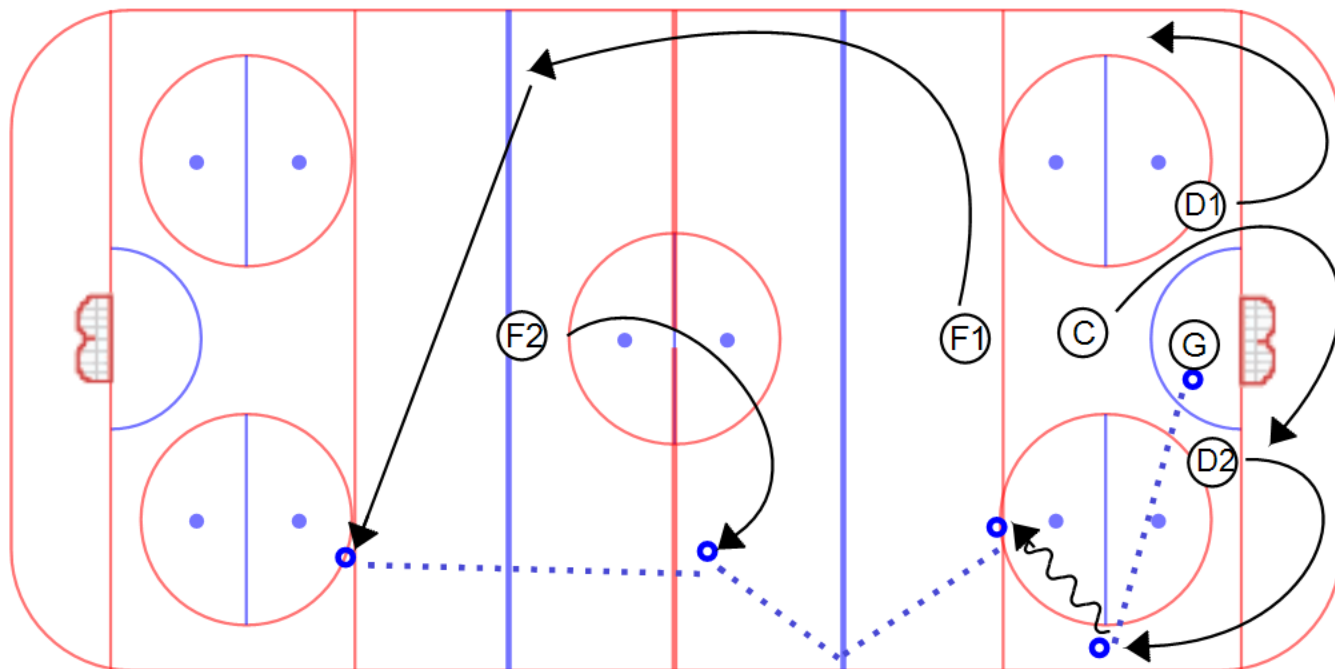
Category #1 :

Title : Flare, Forward Hi-Lo

Category #2 :

Content elements :

Components:



Key points :

Description

D AND C

- D Flare, C behind is a very common breakout, and can definitely have variations. Everything starts when the goalie has CONTROL of the ring. A lot of players make the mistake of leaving once the ring is in the crease, but this throws off the timing.
- D1 and D2 leave once there is control, and go into the corner and up the boards. They need to go below the goal line to make eye contact with their goalie, buy some time, and gain some momentum.
- C needs to stall and give the goalie time to find a pass to D1 or D2 before being available behind the net (either on their way behind or on their way out).
- In this example, where D2 gets the ring, D1 (weak-side D) will need to move into a supporting position in front of the net. C will break up the ice. D2 will take a few hard strides to get off the boards and look for the high F coming to support.

FORWARDS

- Hi-Lo forward setup is also common, and can also have variations. The typical setup is that the high forward, F2, will support on the strong side (ring-side), where the low forward F1 will go weak side, away from the ring. The idea is that F1 takes a player with them and creates space in the neutral zone for F2 or even for the C jumping up.
- Towards the second blue line, F1 goes towards the strong side to support F2 by being available sometimes for a breakaway pass, but more often for an easy control pass down the boards to a quiet area.