

One of the hardest things to teach centers on the breakout is the timing. It is critical that the centers have a good sense of timing so they can support the defense and wingers when they have the puck. If they get too far ahead of the play they create a bad angle for a pass and put themselves in a bad position to receive a pass. By staying low and below the puck then they give their teammates better options.

Tips for the Centers on Breakouts

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| <ul style="list-style-type: none">• Stay low and slow. |
| <ul style="list-style-type: none">• Support your defense and wingers. |
| <ul style="list-style-type: none">• Be ready to skate into the puck. |
| <ul style="list-style-type: none">• Communicate with your defense and wingers. |