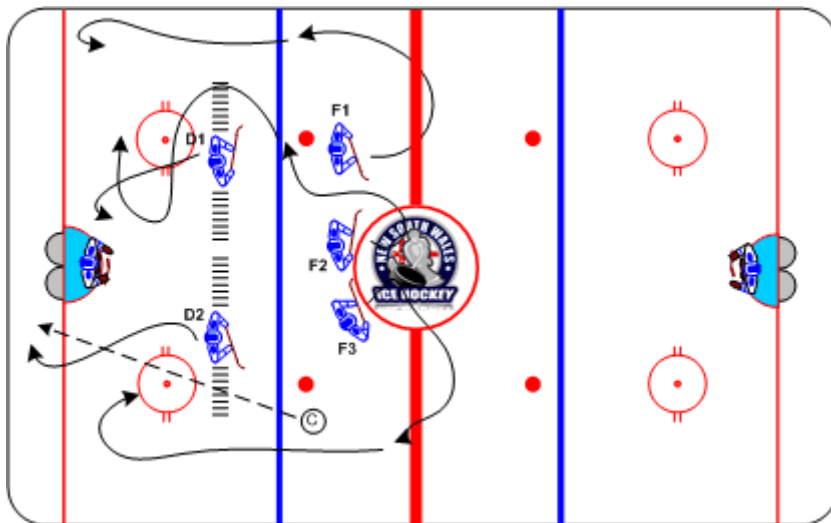




## Introduction to Breakouts

Duration: 10 mins

- D1 & D2 move through agility sequence (lateral crossovers)
- F1, F2, F3 circulate in neutral zone
- © dumps the puck to initiate breakout execution
- Review of 'quick up', 'wheel or go' and 'over pass'



### Coaching Tips

- Communication
- Quick movement

### Execution Tips

- © call the desired breakout option just as the puck is dumped in