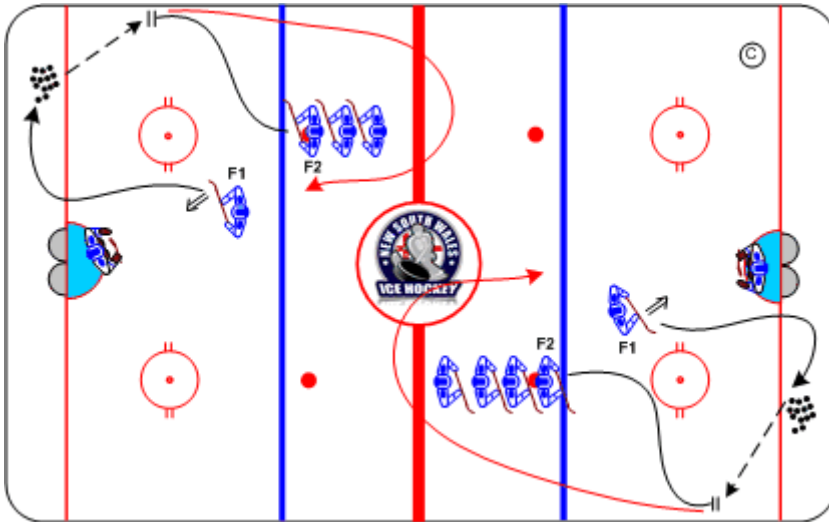




Breakout Timing Drill

Duration: 6 mins

- F1 shoots and retrieves 2nd puck for breakout pass to F2
- F2 skates around group to shoot, retrieves puck from corner, passes to F3, etc



Coaching Tips

- Timing
- Open pivot to receive pass
- Accelerate in on goal

Execution Tips

- Continuous drill, change sides on whistle
- Option: F2 skates breakout pattern to receive mid-lane pass