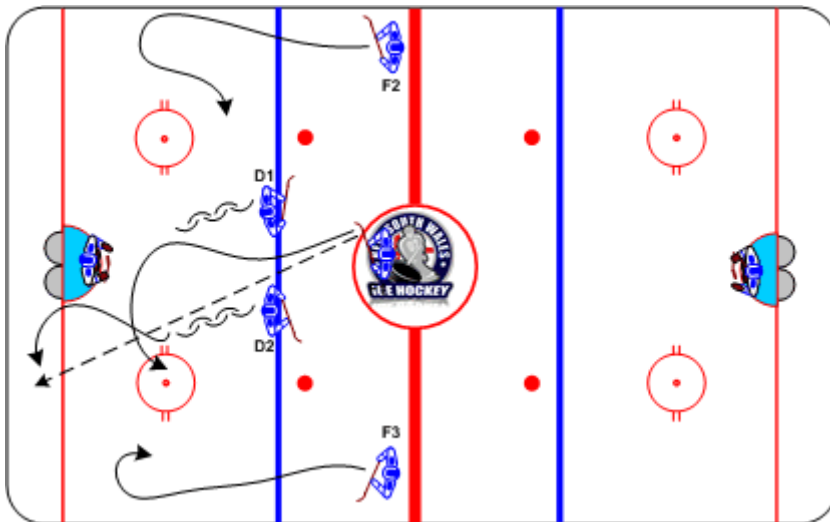




Half-Ice Breakout Drill

Duration: 7 mins

- 5-player unit executes 3 separate breakouts: "up", "middle", and "wheel"
- Finish with Forwards attacking 3-on-1 vs Defense



Coaching Tips

- Position of Forwards "off puck"
- Forwards receive puck while in motion

Execution Tips

- Pass to next Forward or © to spot puck for the next breakout
- Add breakout options (reverse, overs)