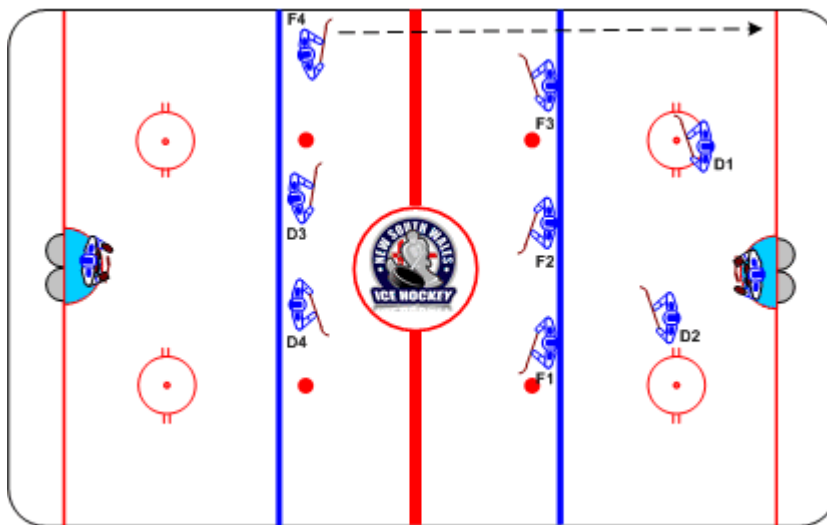




Continuous Breakout

Duration: 8 mins

- Offensive group of 5 enters the drill from the bench
- Unit breaks out with the puck and regroups with **D3** and **D4**
- Forwards attack vs **D1** and **D2**
- On the whistle, one Forward takes puck to the redline and executes a shoot-in
- New unit of 5 comes off the bench and repeats



Coaching Tips

- Quick puck movement
- Play offence until whistle
- Game-like tempo

Execution Tips

- Next line ready to enter drill
- **D1** and **D2** stay for next rotation
- Previous unit must hustle off the ice