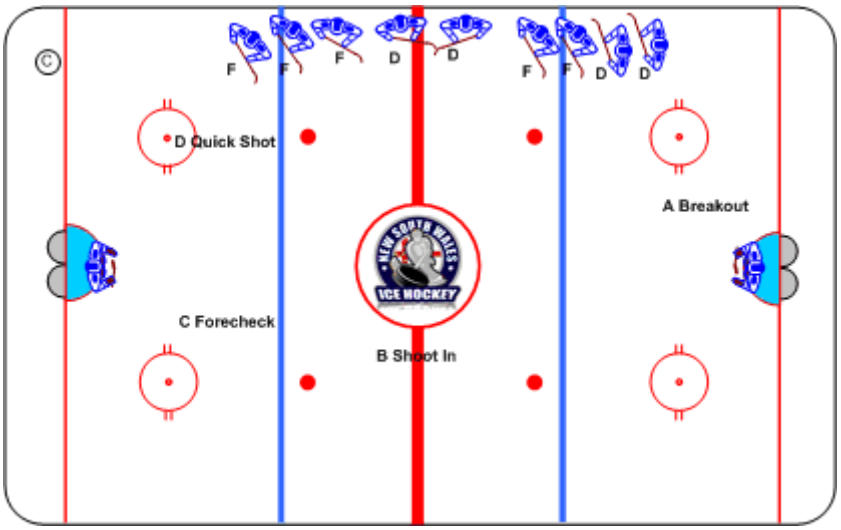
Team Systems Skate

Duration: 7 mins

- Unit A - breaks out
- Unit B - dumps puck across centre
- Unit C - forechecks coach, stopping in system of choice and recovers puck
- Unit D - quick shot and returns to line



Coaching Tips

- Communication
- Firm positioning

Execution Tips

- © can move to challenge forecheck
- Confirm position by stopping
- Can add defensive zone coverage prior to breakout