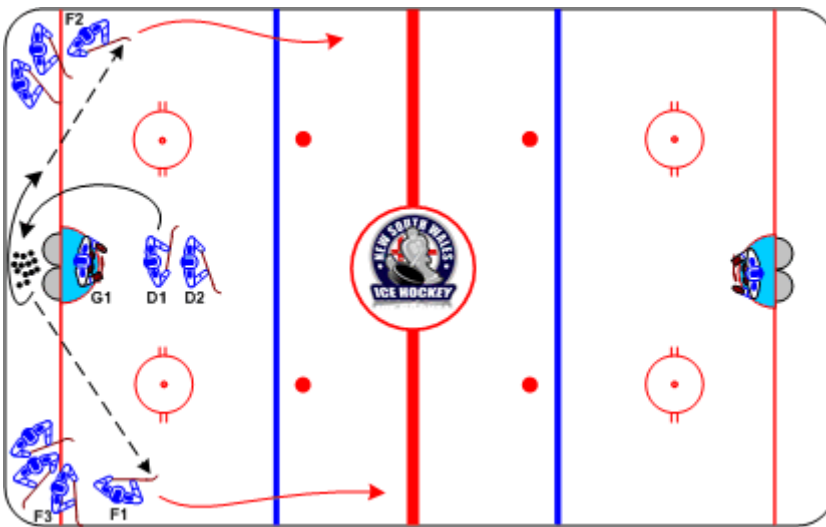




## Continuous Breakout - "Go"

Duration: 8 mins

- D1 skates behind net to retrieve puck, punch passes to F1
- D1 tight turn behind net, retrieves second puck, punch pass to F2
- D1 repeat a 3rd time with pass to F3
- D2 takes over, passing to F4, F5 & F6
- D1 & D2 take turns until all players are gone
- G1 makes last pass to D2



### Coaching Tips

- "Go" breakout
- Shoulders square to passer
- Focus - D1, D2 continuous

### Execution Tips

- Tight turn toward corner