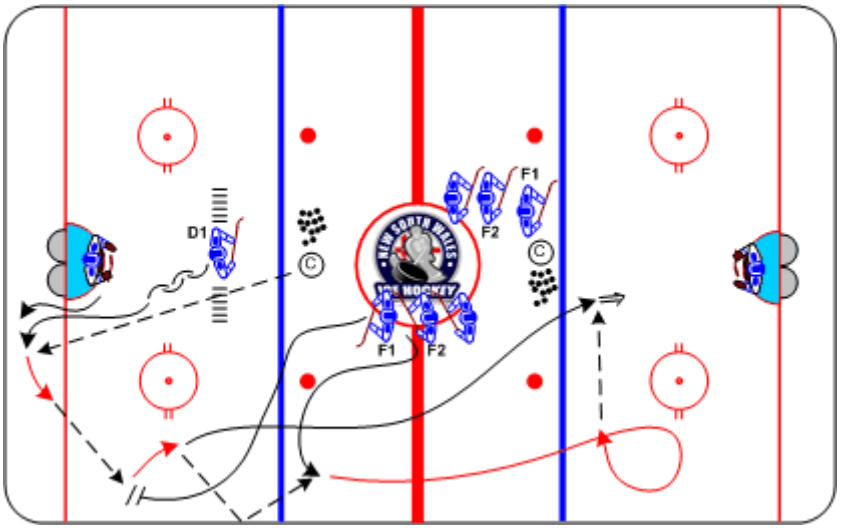
Breakout, Double Chip and Options

Duration: 10 mins

- Coach initiates by dumping a puck on net while **D1** does crossovers
- Goalie sets puck for **D1**, **D1** pivots to retrieve puck and passes to **F1**
- **F1** anchors and banks puck off boards to **F2**
- **F2** may drive and shoot or delay and pass to **F1**



Coaching Tips

- Communication and providing close, quick support
- Judge and anticipate pucks' bounce off boards
- Progression: **D1** can jump up and 1-2-3 attack

Execution Tips

- **D1** must turn up ice quickly
- Both ends at same time