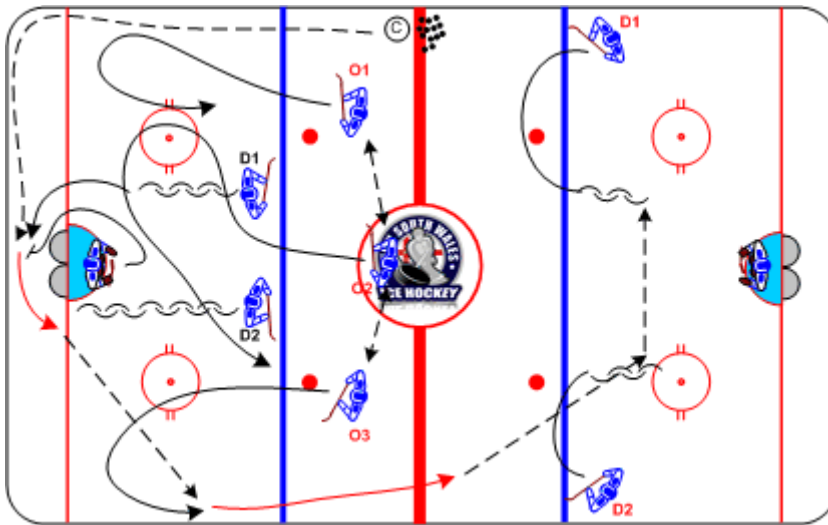




Breakout 5-on-2, Regroup 3-on-2

Duration: 8 mins

- O1, O2, O3 one-touch passing, D1, D2 cross-overs
- © dumps puck, O1, O2, O3, D1, D2 breakout
- D1 and D2 jump up, one receives pass from 1st Forward over blue line
- O1, O2, O3 regroup for 3-on-2 vs D1 and D2
- Next line breakout from opposite end



Coaching Tips

- Communicate on breakout
- Forwards speed through neutral zone
- Support the puck - close quick support
- Defense - close the gap

Execution Tips

- Next line with puck, ready to start
- D1 and D2 to breakout next line