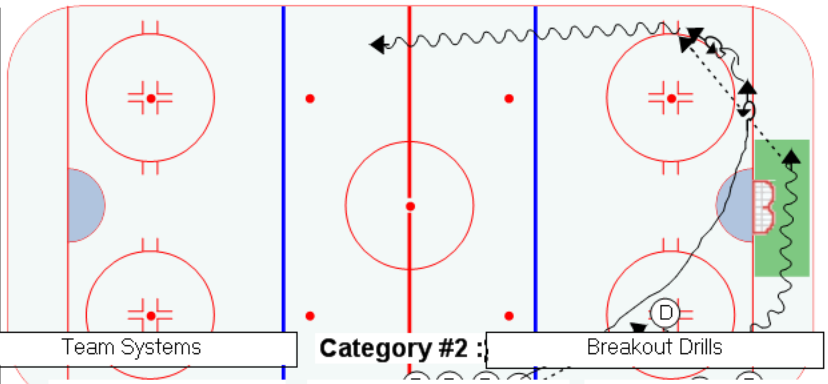
Title : Breakout Progression **Category #1 :** Team Systems **Category #2 :** Breakout Drills

Description

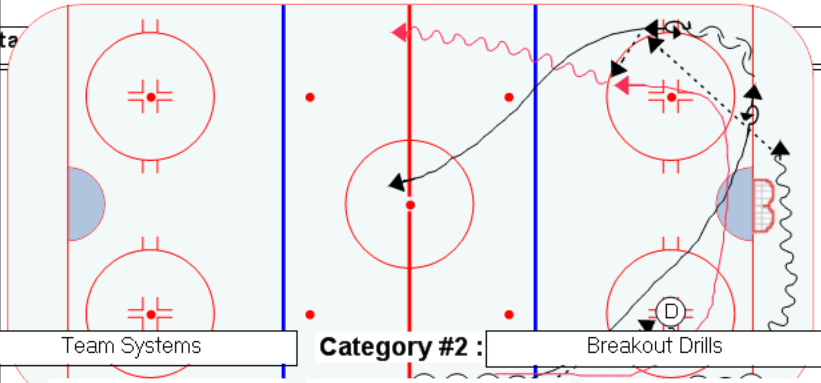
1. F passes to D, then skates down around the bottom of the circle using inside reverse pivot to never take eyes off puck carrier
2. D turns toward the boards, skates puck behind the net, and makes pass to F, who is giving the target IN FRONT of him.
3. F skates down 1 on 0 (you can add a 1 on 1 if you'd like)



Title : Breakout Progression (seq **Category #1 :** Team Systems **Category #2 :** Breakout Drills

Description

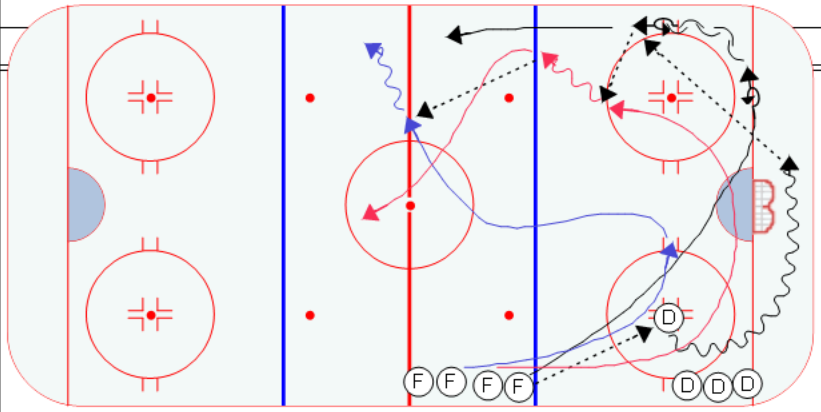
1. Starts the same as Sequence 1
2. Second F in line times the play, and plays the role of the centerman
3. Both players attack offensive zone



Title : Breakout Progression (seq **Category #1 :** Team Systems **Category #2 :** Breakout Drills

Description

1. Starts the same as Sequences 1 and 2
2. Third F in line drops to low slot, then becomes "breakaway man" as play develops
3. All three F's attack using the 1-2-3 attack triangle



attack triangle

More drills and skills at
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