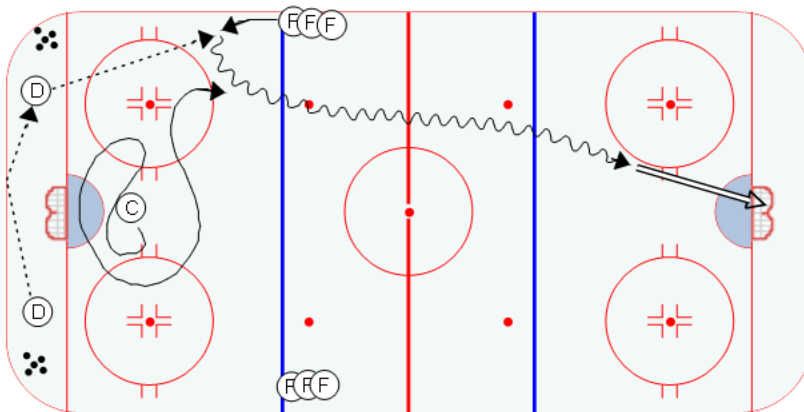


Title : Full Speed Breakout Format Category #1 : Team Systems Category #2 : Breakout Drills

Description

- 1. D to D to Wing
- 2. D to D to Wing
- 3. D to D to Wing, one-touch to Center
- 4. D to D to Wing, one-touch to D who follows up play
- 5. Start again from the other side

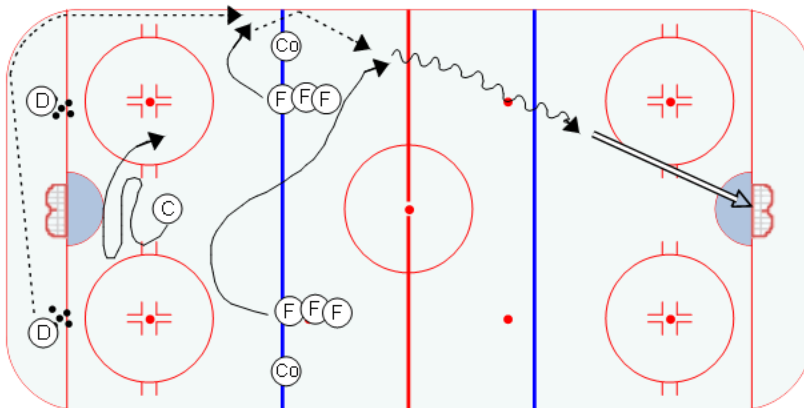


Key points : [] [] [] []

Title : Full Speed Breakout Format Category #1 : Team Systems Category #2 : Breakout Drills

Description

- 1. Ring to chip
- 2. Ring to chip
- 3. D to D to Center (chip around coach)
- 4. D to D, pivot toward boards and Walk (chip around coach)



Key points : [] [] [] []