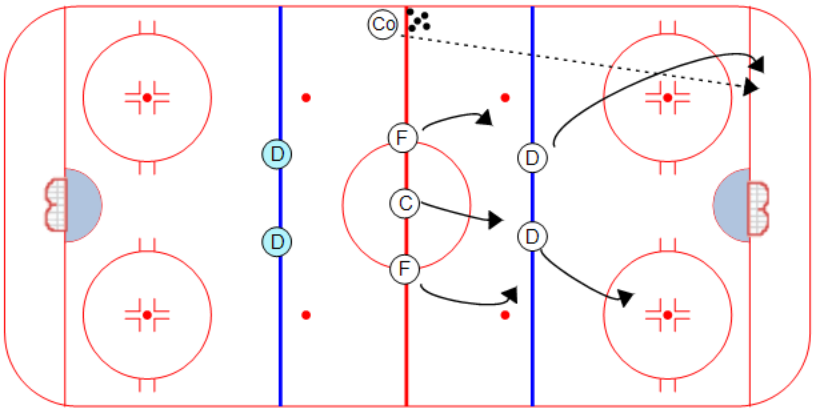
Title : Breakout, Regroup, Regrou **Category #1 :** Team Systems **Category #2 :** Regroups

Description

1. Coach dumps puck in to one end, forwards execute a breakout
2. After breakout, forwards perform a regroup with the far defensemen, then regroup with the first set of defensemen (same ones they broke out with)
4. After second regroup, forwards and defensemen attack 3 on 2



Key points :