

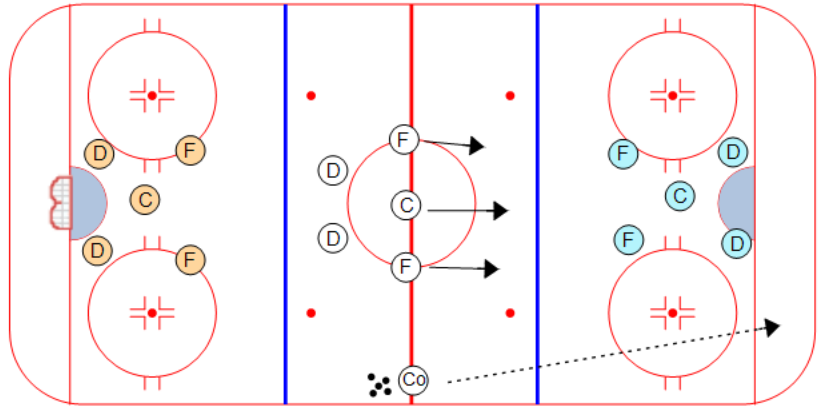
Title : Perpetual Breakout/Forecheck

Category #1 : Team Systems

Category #2 : Forecheck

Description

1. 5 defenders start in "5 card" formation
2. Coach dumps the puck in
3. 5 attackers forecheck using a specified forechecking system
4. 5 defenders play DZC until they are able to execute a breakout
5. After the defenders break out of the zone, the attackers are done and peel off to the bench
6. After breaking out, the defenders cross the center line, and dump the puck in for the 5 new defenders who have lined up in "5 card" formation
7. The 5 who dumped it in become the new forecheckers



Key points :

Structured Forecheck

Breakout under pressure