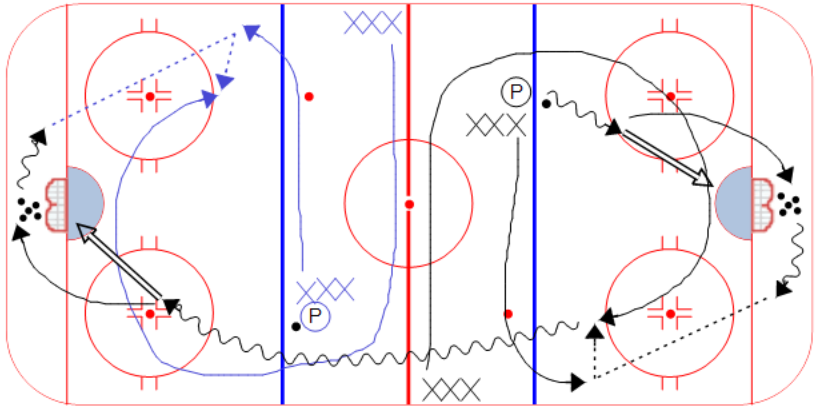


Description

1. "Ghost man" passers start the drill by shooting then picking up a puck behind the net to initiate the breakout
2. Low forward simulates winger, and swings in to pick up board-side breakout pass
3. High forward swings through and acts as the centerman providing middle support
4. winger one-touches to center, who attacks and shoots, then initiates breakout in far zone
5. winger moves to middle line.

NOTE: winger can swing from top down, or from bottom up, depending on your team's breakout set up.



Key points :

Timing

One-touch passes