

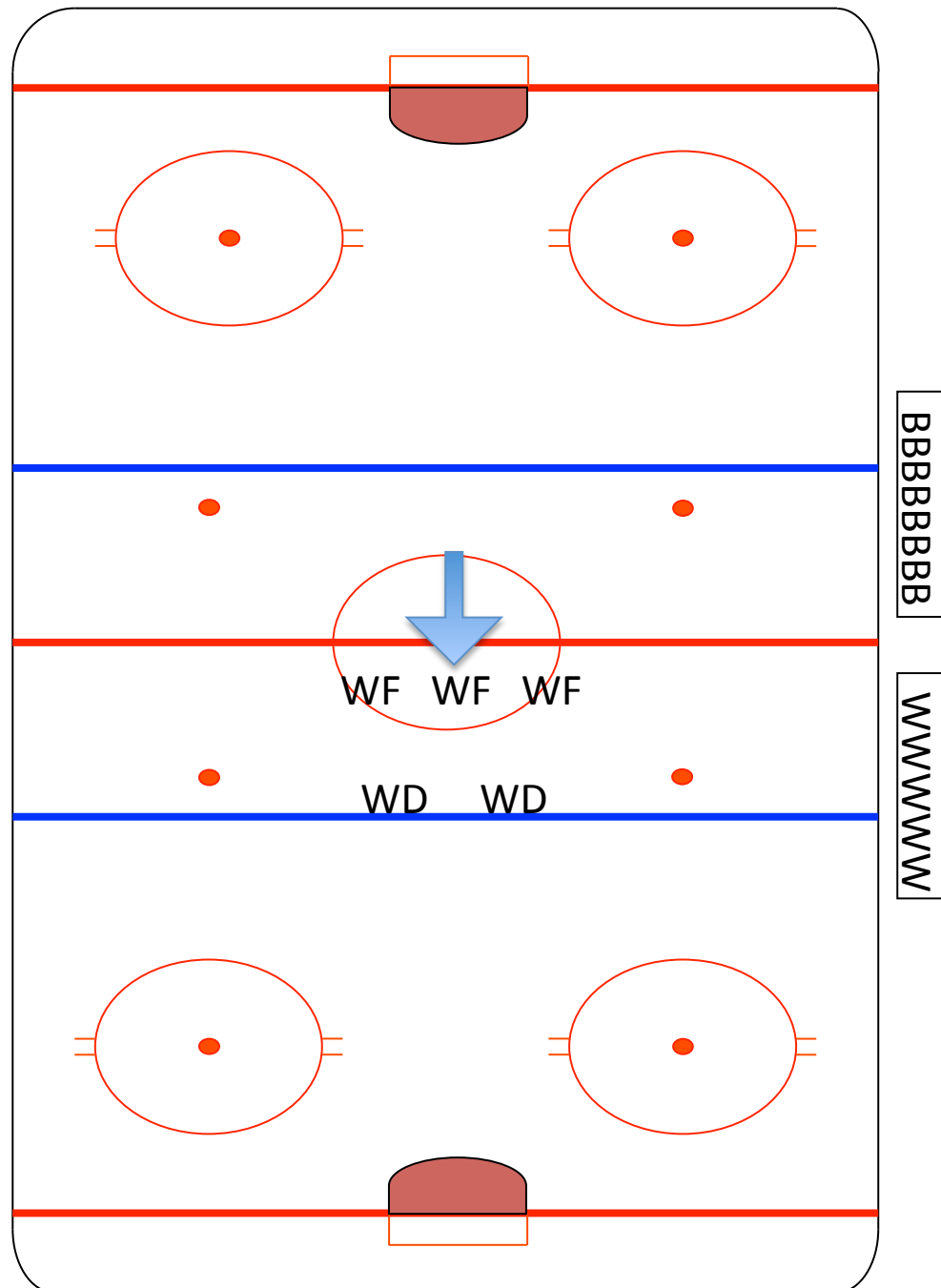
Continuous Break-outs-1 puck

1 puck is dumped in for the WD and WF to break-out 5 v 0.

As soon as the puck is dumped in, 3 BF and 2 BD quickly line up in the neutral zone.

All 5 W players should touch the puck before the red line. When they reach the red line, whoever has the puck should dump it into the opposite end for the BD and BF to break-out 5 v 0.

As soon as the puck is dumped in, 3 WF and 2 WD quickly line up in the neutral zone and the drill continues...



Continuous Break-outs-1 puck p2

Progression:

Add 1 Fore-checker

Add 2 Fore-checkers

Add 3 Fore-checkers

Add Fore-check System
with F's

Add 1 D

Add 2 D

When more players are
added, allow fewer passes
required for the break-out
to be acceptable.

HS rep: 20-40 seconds

