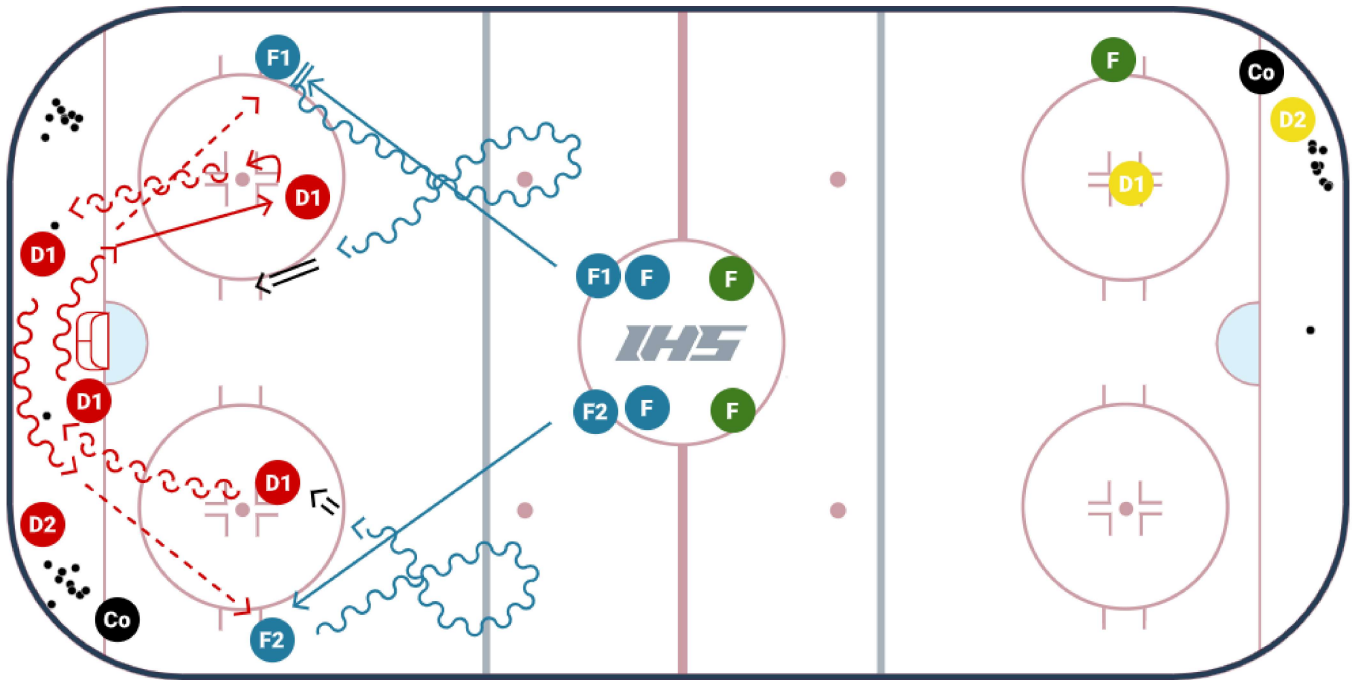


Breakout Shooting (Both ends)



Description

Forwards at C Ice, and Defense in corners with pucks.

D1 will start in at top of Circles. On whistle F1 will race to B/O position on hash mark. D1 will pick up puck and skate behind net and make B/O pass to F1. D1 will then skate top of other circle, pivot from Fwd to Bwd then pick up 2nd puck ,skate behind net again for 2nd BO pass to F2. F1 who received the 1st BO pass skates to blue, executes sharp turn to boards then accelerates into zone for shot, then stays at net. F2 executes same route on opposite side. D1, after making 2 BO passes skates out to blue line, receives pass from coach then shoots, with F1, F2 hunting for loose pucks.