

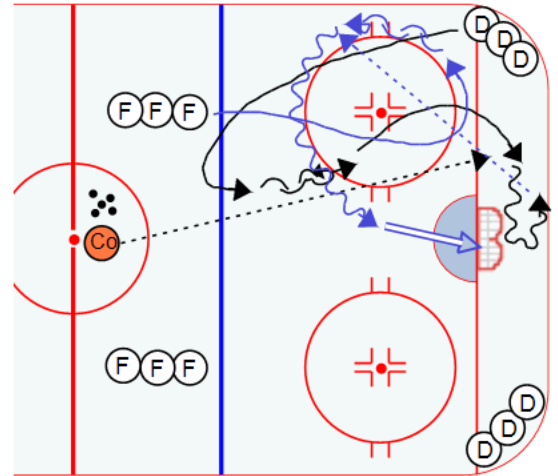
Title : Finnish Half-Ice

Category #1 : Team Systems

Category #2 : Breakout Drills

Description

1. on whistle, D skates up to blue line and pivots backward
2. after the pivot, Coach dumps a puck into the corner
3. D picks it up and initiates a breakout using the misdirection
4. F times the play and swings through to receive a board-side breakout
5. F attacks the seam and takes a shot (in stride)



Key points:

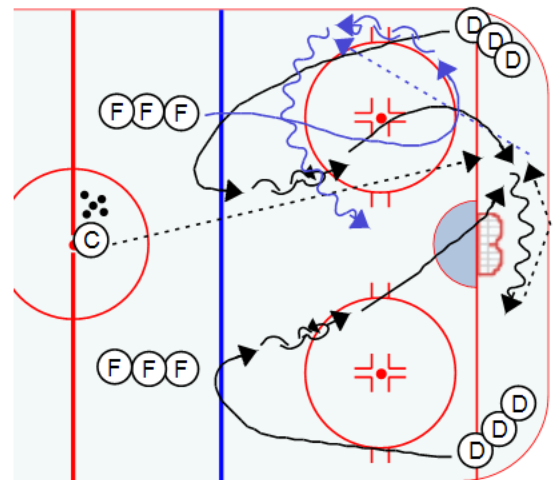
Title : Finnish Half-Ice (seq 2)

Category #1 : Team Systems

Category #2 : Breakout Drills

Description

Same set up as above, except add a second defenseman, and use a reverse.



Key points:

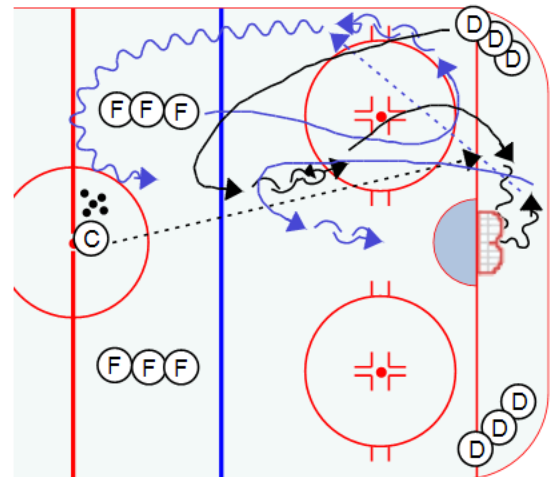
Title : Finnish Half-Ice (seq 3)

Category #1 : Team Systems

Category #2 : Breakout Drills

Description

Variation to include a 1 on 1.



Key points:
