

Title : 5 on 0 Breakout - Screen/D

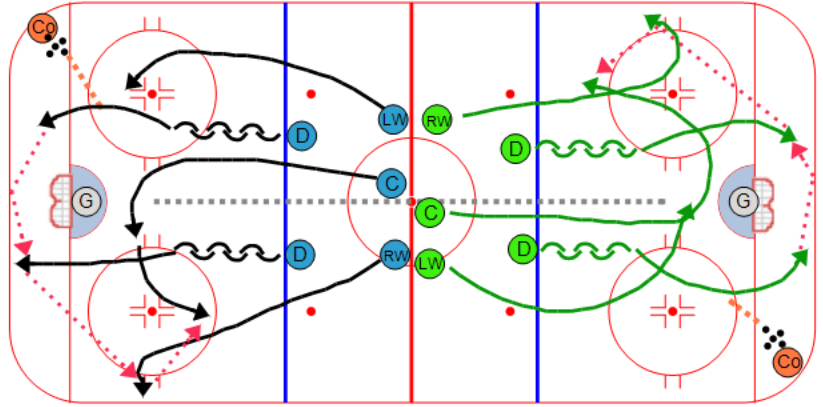
Category #1 : Tony Horacek

Category #2 : Team Flow

Description

Drill runs out of both ends at the same time.
Coach blows whistle and the two D back skate and turn to pick up the puck the coach lays in the zone.
Pass goes D2D behind the net and up the wall to the forward who chips to the C and all five players go up the ice staying on their side.

When the play gets in to the offensive zone the three forwards make one shot and a possible rebound.
The D come to the blueline.



Key points :

Four empty rectangular boxes for key points.

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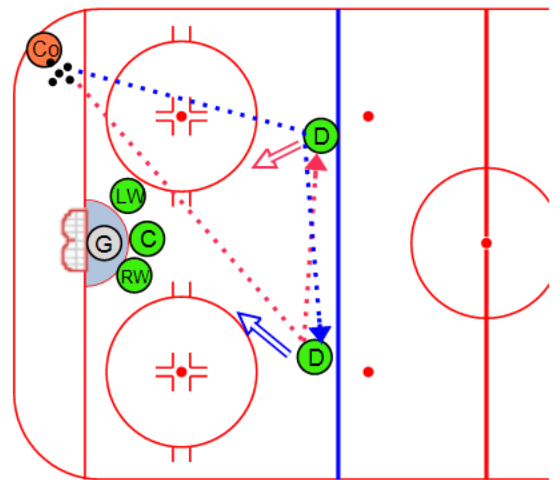
Category #2 : Team Flow

Description

Coach passes to weakside D
D2d Pass and shot

Coach passes to strongside D
D2D Pass and shot

Drill ends



Key points:

Four empty rectangular boxes for key points.