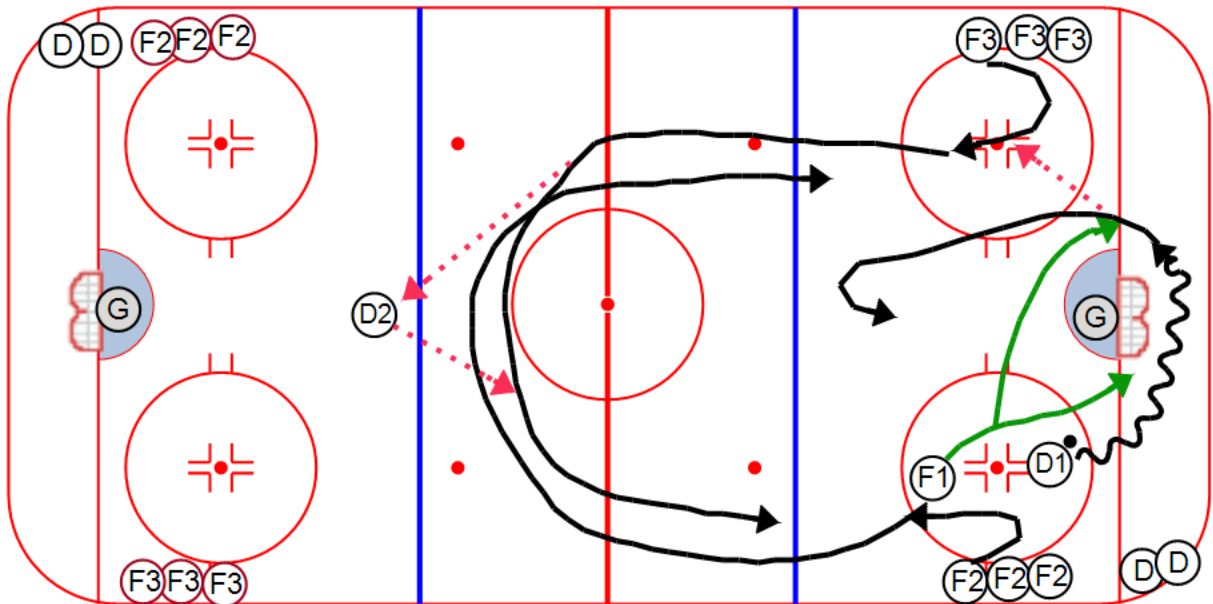


Content elements:

Components :



Key Points :





### Description

D1 starts at the bottom of the circle with a puck.

F1 starts inside the circle behind D1

D1 skates behind the net looking to make a breakout pass to F2 or F3

F1 forechecks D1 either hard from behind or around the far side (F1 must forecheck behind the net on either side)

D1 must read the pressure from F1 and make the correct breakout pass.

Once the BO pass is made the forwards skate up ice and exchange a pass with D2 and come back in 2 on 1 against D1.

If you have enough players you can alternate ends or just run this as a 3/4 ice drill.