

Title : Breakout 1 on 1

Category #1 : One-on-One

Category #2 : Flow

**Description**

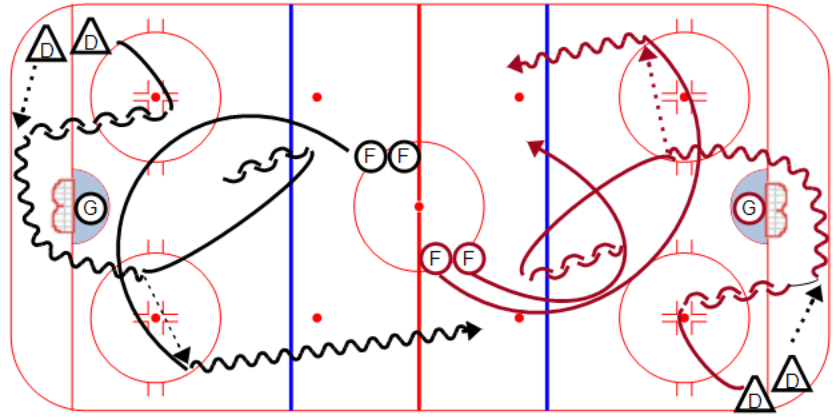
\*\*Drill starts on the whistle. Both ends at the same time.

On the whistle, the  $\triangle$  skates around the face-off circle and pivots to receive a pass. A  $\textcircled{F}$  mirrors the  $\triangle$  and provides wall support for a breakout pass.

The  $\triangle$  continues to the neutral zone, to close the gap on the 1 on 1.

Options:

Add a second  $\textcircled{F}$  for a 2 on 1.



Key points :