

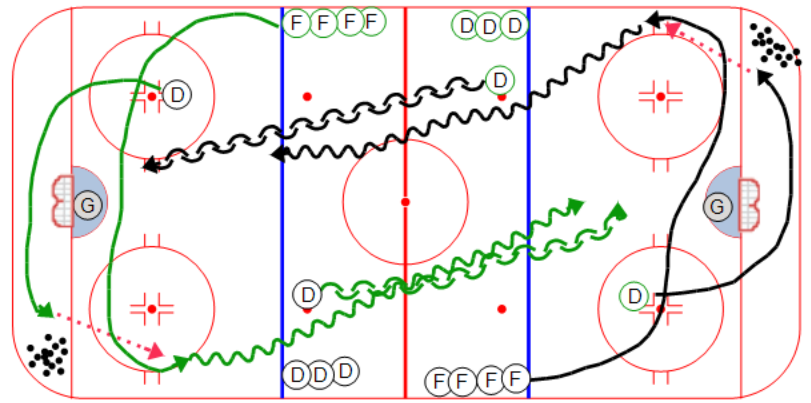
Description

Start with a D at the top of the circle to make the first pass and a D at each blue line to defend the rush.

D makes the breakout pass to F coming off the wall. F then goes 1x1 against the waiting D.

At the end of the play on the opposite end on the whistle the defending D goes to the corner to get a puck and make a new breakout pass to a new F coming low to the wall.

A new D steps out at the blue line. The drill is continuous.



Key Points :