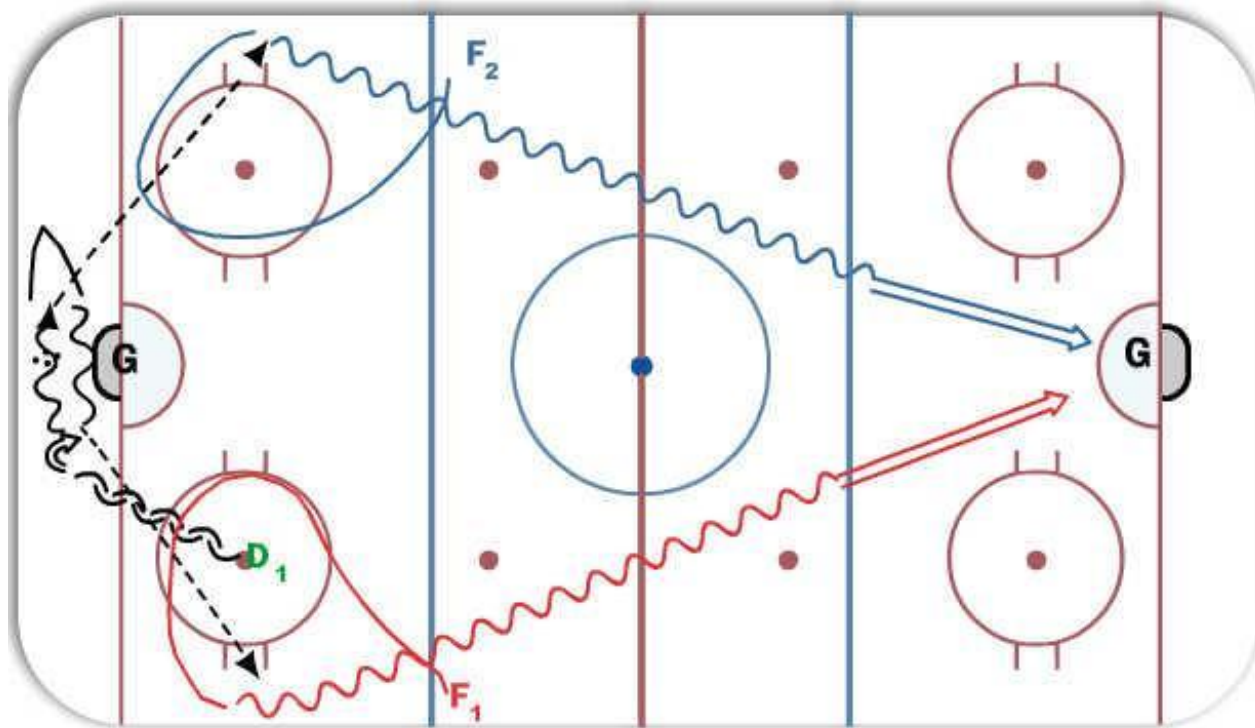


Defenceman Breakout Pass



Description

D1 skates backwards, pivots and gets puck from behind the net. F1 moves into position for Breakout pass. Receives pass, skates length of the ice and shoots.

D1 reverses direction, picks up another puck and performs breakout on the opposite side with F2.

F2 skates length of the ice to score.

Notes: 1. D1 reverses again, gets puck and passes up the middle to waiting center. Center goes length of the ice.

2. Start the D on the opposite face off dot and repeat drill.

Tags: Passing, Timing,