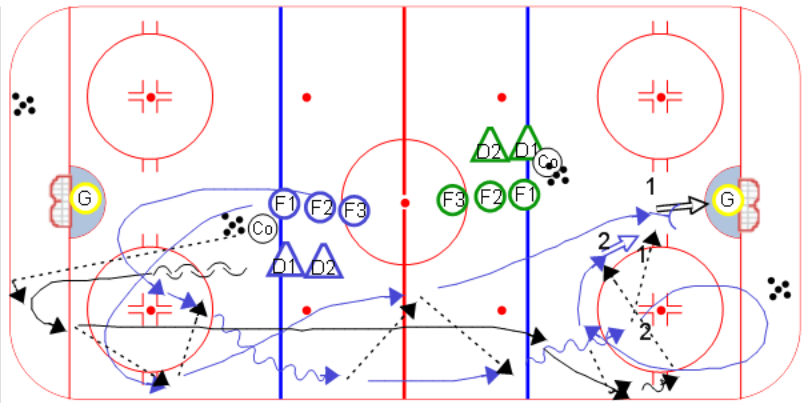


Title : 3 Player Breakout/High-Cycle**Content elements:****Components :****Description**

Drill starts on whistle and done on both sides.

- 1- Coach spots a puck in corner,
- 2- D1's skate backwards, pivot , (shoulder check) and pick up puck in corner.
- 3- F1's take half board pass option (reverse pivot) facing puck.
- 4- F2's take middle lane pass option and F1' support.
- 5- F1 and F2 skate down ice passing for a shot on net.
- 6- Shooter holds net front, passer picks up a puck in the corner and carries it to top of circle where D 1 has moved up and calls for a high cycle and pass.

Options- Low cycle with pass to D for point shot

**Key Points :**

good passes

center lane support

communication