B5 Murdoch Breakout Routine A and B - College F

D shoulder check on the way to the puck.
Forwards funnel through middle lane and watch puck before swinging up the boards.

Wings and Defense
A. Coach shoots puck in and D gets the puck and passes to the wing who times his skating from inside to outside. D to W back to D and up to wing. Then repeat on the other side.
B. Coach shoots the puck in and D skates back to get in while the wing times his skating from the middle to the outside lane.
The D drives the back of the net and stops and goes out the same direction making a counter pass to the wing, who returns the pass and gets another pass. Repeat on the other side.

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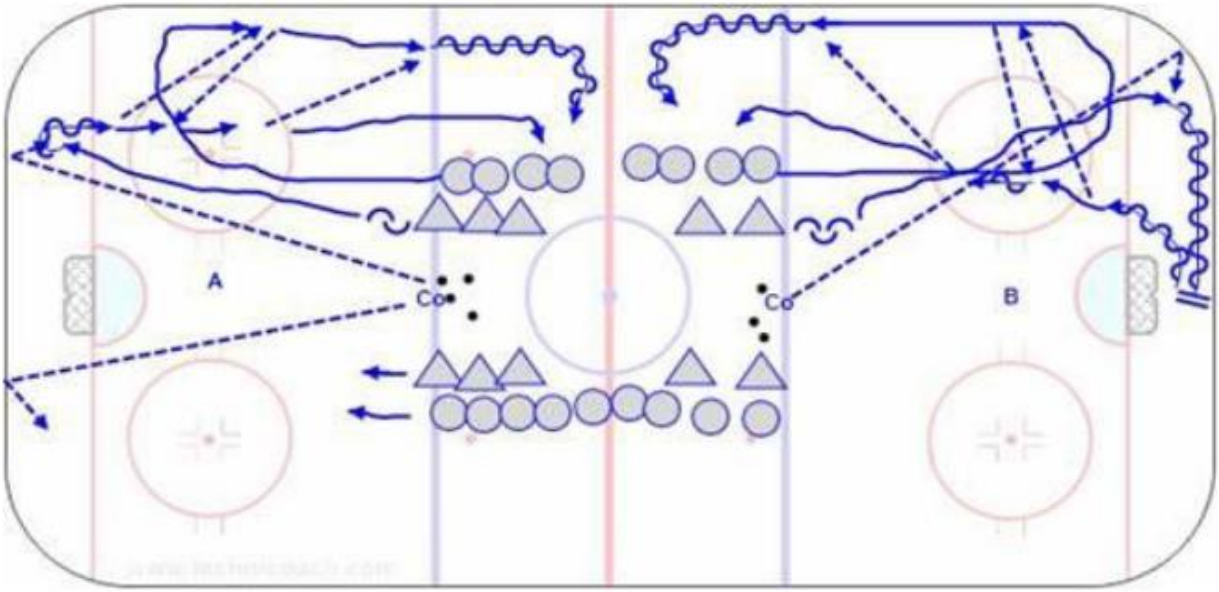
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