B6 - BO Options - F Shot-D Shot – Pro

1. D1 Skate up and back in the circle and pick up the puck.
2. F1 come into the zone for a breakout pass.
3. D1 tight turn and make a quick up pass.
4. F1 and D1 skate into the neutral zone.
5. F1 shoot.
6. D1 get a pass from the corner and shoot - F1 screen.
7. D1 now wheels behind the net and pass to F1.
8. F1 can start from the same side and take the pass on the boards.
9. F1 can start from the wide side and take the pass in the middle lane.
10. D1 could also breakout with a counter.
11. Add F1-F2 support for a 3-0 breakout.
12. D1 shoot, F1 screen F2 should be in shot pass or one timer position.
13. D2 and F3 can be added to this drill to practice 4-0 or 5-0.
14. This can also be a game situation drill by the F attacking the D 1-1, 2-1, etc..

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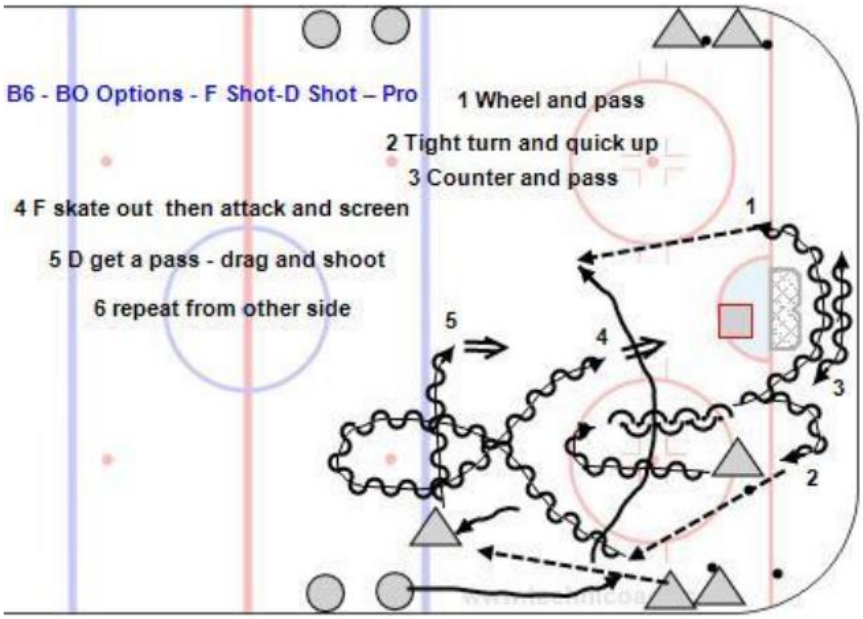
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