

## B300 Escape from Alcatraz - SW

### Key Points:

The prisoner escapes by knocking a guard out of the circle. Use the legs, keep the head up on top of the shoulders back up hands down.

### Description:

1. Prisoner in the middle and guards inside the circle.
2. Prisoner gets one rush at each guard.
3. A guard who is pushed outside the circle becomes the prisoner.
4. Prisoner vs. each guard once then switch if he doesn't escape.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140428094704988>

<https://youtu.be/zY50SZK6gol>

