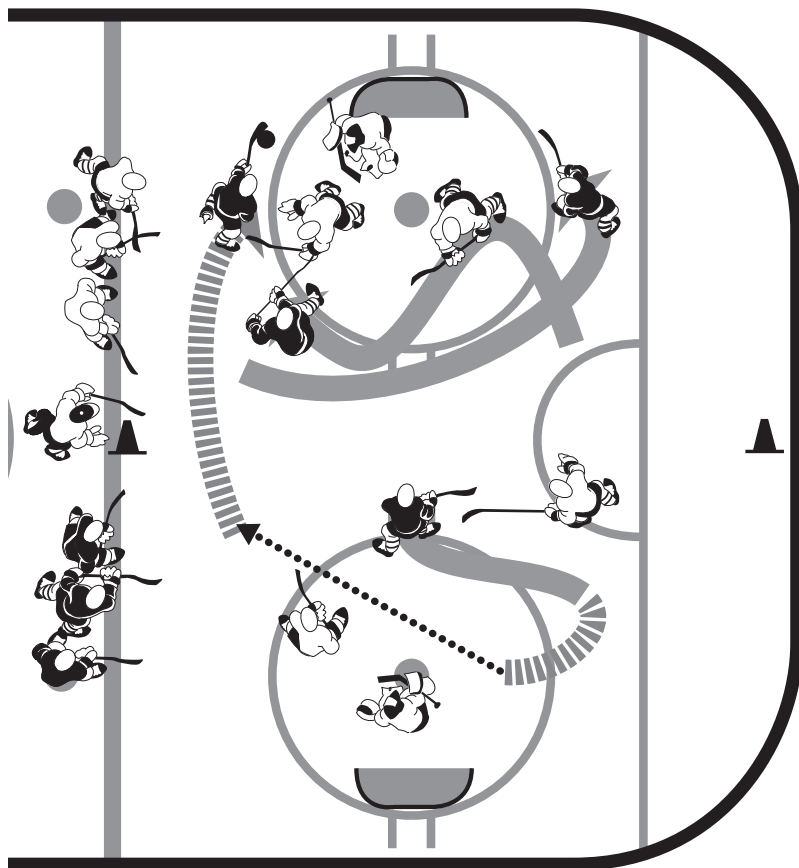


### Mid-Ice 4-on-3 Breakout

Place a stationary player from each team behind their net. The game starts 3-on-3. The player with the puck passes to their teammate behind the net and then breaks out. The player with the puck can pass, skate or shoot the puck but cannot cross the red line. A quick 4-on-3 develops and the team with the puck plays it out until they score or the puck is turned over. After the play is over the other team repeats the drill going the other direction. Change after every two breakouts.

#### NOTES/COMMENTS

Quick transition breakout drill.



### Breakout Forecheck 3-on-2

Divide the players into two teams. The game starts out with eight players 2-on-2 at both ends. The coach dumps the puck in and the defensive team gets it. They turn to offense and make one pass. The player who receives the pass can then skate it out or pass to the other side and follow the play creating a 3-on-2. Teams can only go on offense when they have created a turnover and made one successful pass in their own end.

#### NOTES/COMMENTS

Quick transition defense to offense.