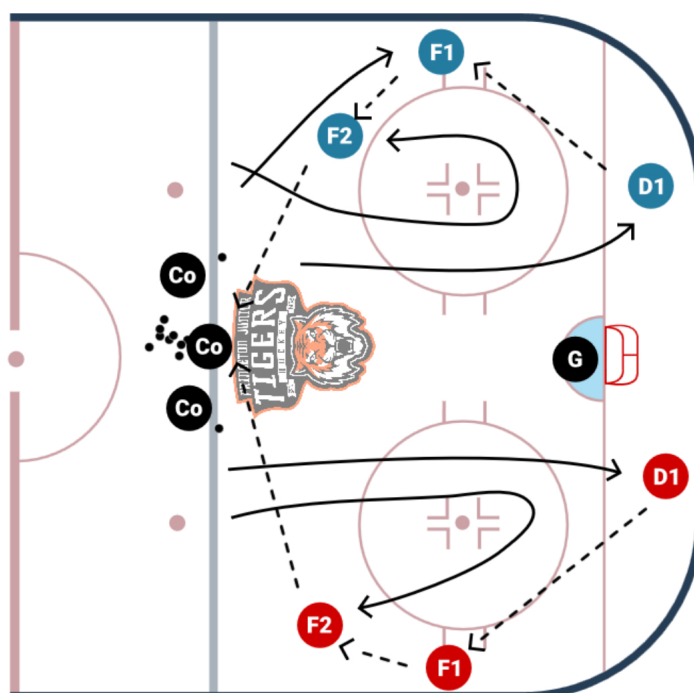
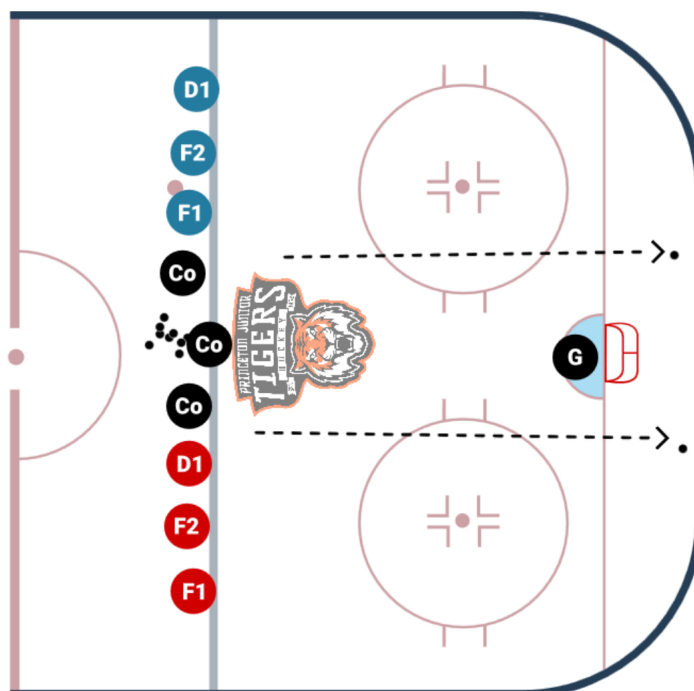




BREAKOUT RACE TO 3 VS. 3

Time:

Station:



SETUP AND EXECUTION:

Pucks, players, and coaches at blue line.

On the whistle, two pucks are dumped into the zone below the goal line.

Both teams take off, the goal is to be the first team to retrieve the puck, break it out with all three players touching the puck, and passing the puck to the coach at the blue line.

The first team to do this will get a return pass from the coach and go on offense, the other team immediately goes on defense.

Both teams play it out 3 on 3 in the zone for 30 seconds.

COACHING POINTS:

- Defense fast to the puck, clean pick-up
- Wingers get in position, show stick.
- Centers, curl low with stick on the ice ready for pass.
- Clean first puck touch.