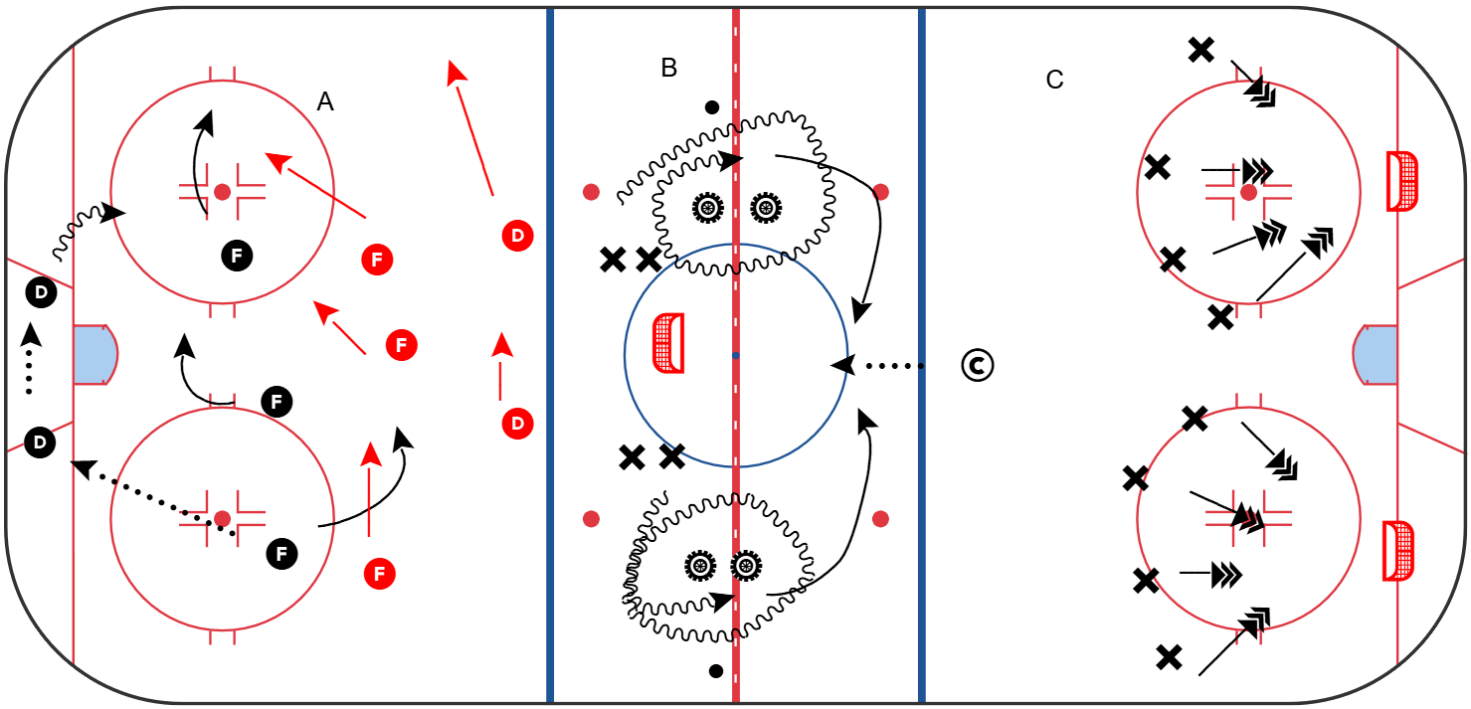
Small Area Break out game - shooting station



Description

A) Break out game - break out - pass to Coach - attack net
if not, other team attacks
B) relays - 2vs2
C) Shots on empty net or deflections