

OBJECTIVE:

DATE: 01,05,16



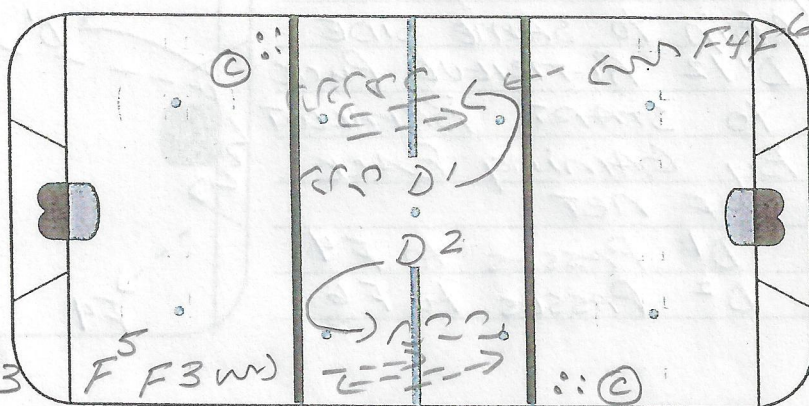
NOTES:

LINE UP

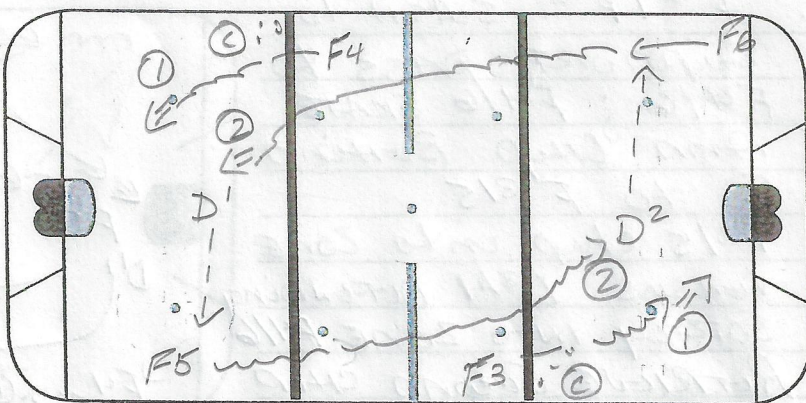
## I. SIX SHOOTER

(BOTH SIDES AT SAME TIME)

1. D'/D<sup>2</sup> SKATE TO BLUE LINE (BL) PIVOT SKATE BACKWARD
2. F3/4 START WITH PUCK WORK give 90 PASSES WITH D2/3

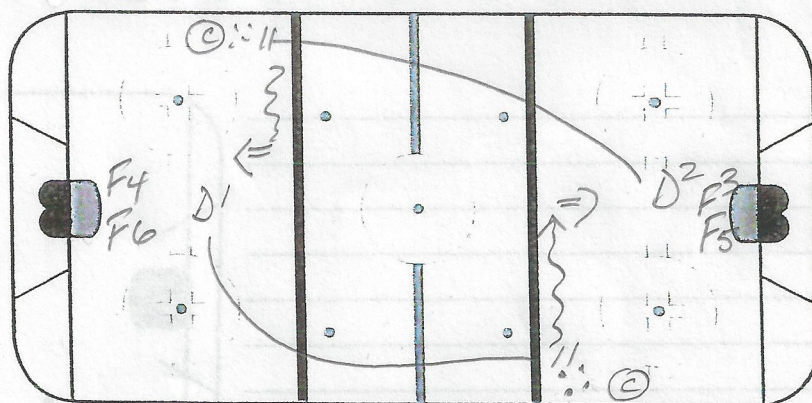


3. D'/D<sup>2</sup> END UP WITH PUCK INSIDE END ZONES; PASS TO F5/6



4. F3/4 pick up puck from (C) FOR 1ST AND 2ND SHOT

5. D'/D<sup>2</sup> Follow up to FAR BL get puck FROM COACH DRAG PUCK TO MIDDLE FOR SHOT
6. F3/5; F4/6 AT NET FOR DOUBLE SCREEN

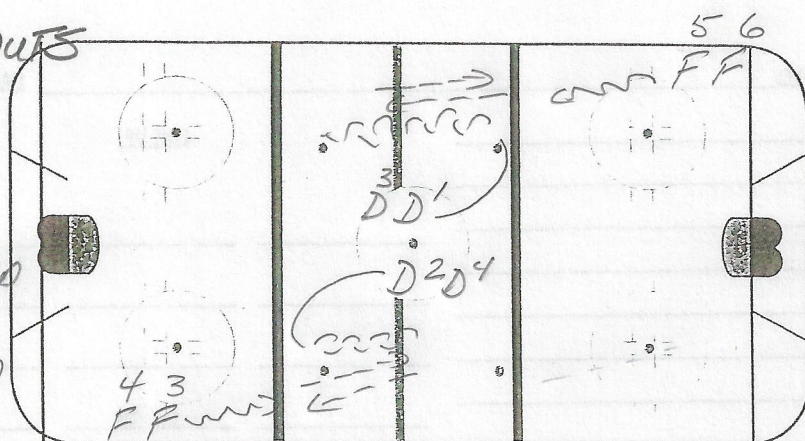




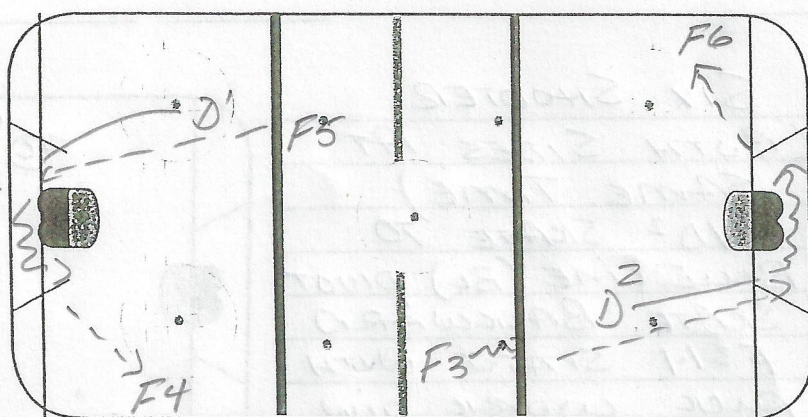
## II. BREAD BUTTER BREAKOUTS

(BOTH SIDES AT SAME TIME)

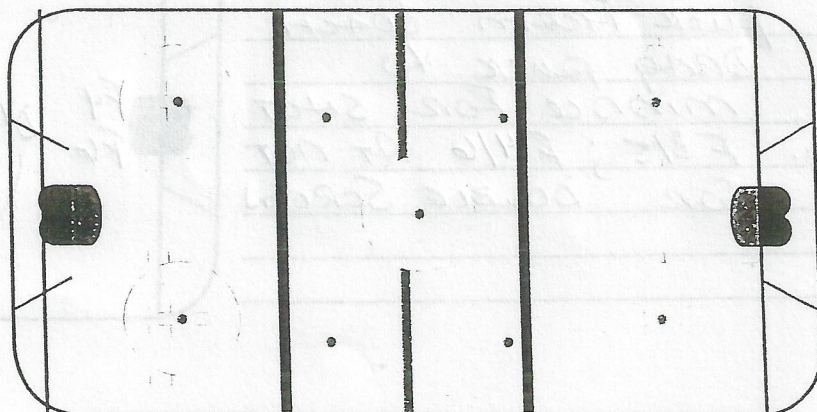
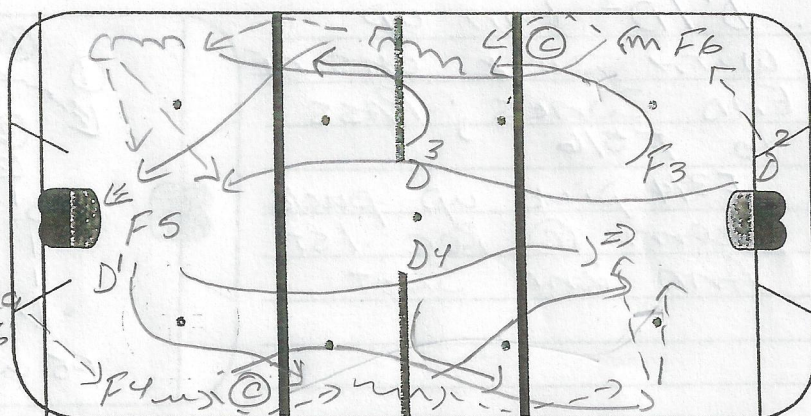
1. D<sup>1</sup>/D<sup>2</sup> SKATE TO BLUE LINE (BL) PIVOT AND SKATE BACKWARD
2. F<sup>3</sup>/F<sup>5</sup> START WITH PUCK WORK GIVE/GO PASSES WITH D<sup>1</sup>/2



3. F<sup>3</sup>/5 END UP WITH PUCK AT (BL) AND CHIP TO SAME SIDE D<sup>1</sup>/2. RETRIEVE PUCK TO START BREAKOUT BY GAINING BACK OF NET
4. D<sup>1</sup> PASSES TO F<sup>4</sup>  
D<sup>2</sup> PASSES TO F<sup>6</sup>



5. F<sup>3</sup>/F<sup>5</sup> SUSH TO SUPPORT PASS TO F<sup>4</sup>/6; F<sup>4</sup>/6 SKATE AND CHIP BEHIND © TO F<sup>3</sup>/5
6. F<sup>3</sup>/5 CHIP INTO ZONE VERSUS D<sup>3</sup>/4 DEFENDING SORTLY INTO ZONE F<sup>4</sup>/6 RETRIEVE SECOND CHIP AND PASS TO F<sup>3</sup>/5 OR D<sup>1</sup>/D<sup>2</sup> JOINING IN HIGH SWOT





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NOTES:

LINE UP



# CONTINUOUS BREAKOUT WITH NZC / FORECHECK

1. R1-5 TAG UP

TO START BREAKOUT

2. R1-5 BREAKOUT

ATTACK SVS2 VS B4-5

I ONE SHOT / SEQUENCE

AT NET

IF 2ND PUCK IN NZ

FOR REGROUP

3. R1-5 Regroup ATTACK

2ND TIME VS B1-2

4. ON WHISTLE LAST

FORWARD R1-2-3

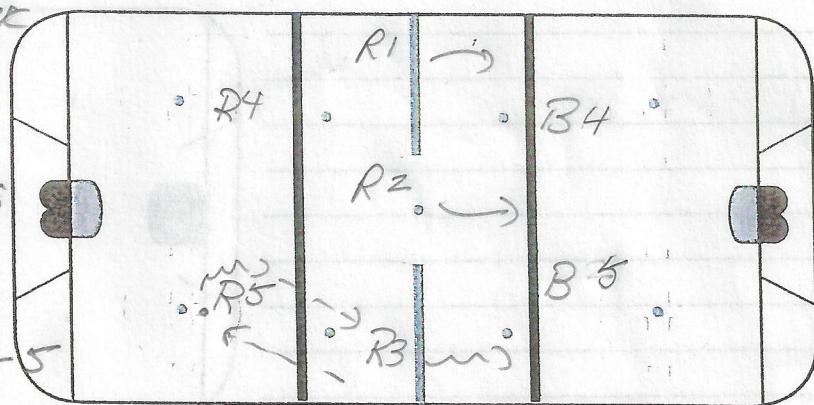
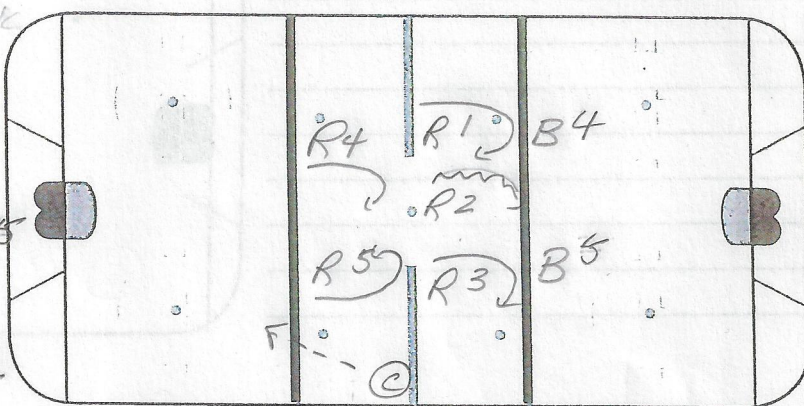
OUT OF ZONE RECEIVES

3RD PUCK ON PASS

FROM CWAH / TURNS

DUMPS INTO ZONE

AND FORECHECK B4-5



B1-2-3

5. B1-2-3 ENTER ZONE

TO SUPPORT B4-5

R1; R2 OR R3 FORECHECK

6. B1-2-3 AND B4-5

BREAKOUT UNDER

PRESSURE FROM RED

FORWARD AND

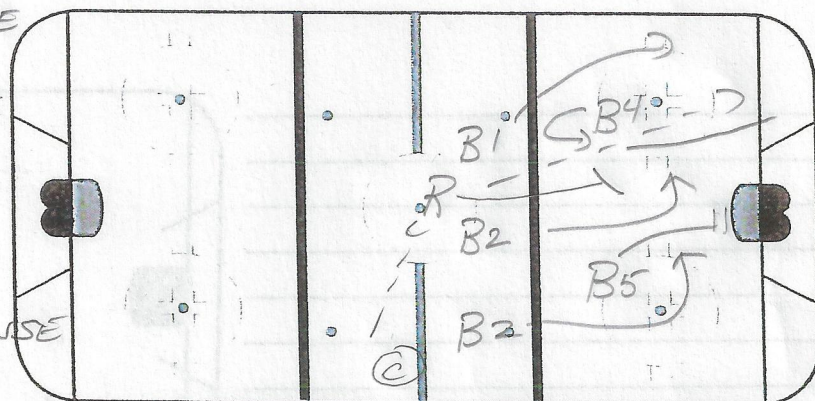
ATTACK NEW R DEFENSE

R FORECHECK CHECKS

TO CLOSE BLUE LINE

CONTINUOUS SEQUENCE

STARTS AGAIN



CAN ADD 2 FORECHECKERS  
AS DRILL PROGRESSES