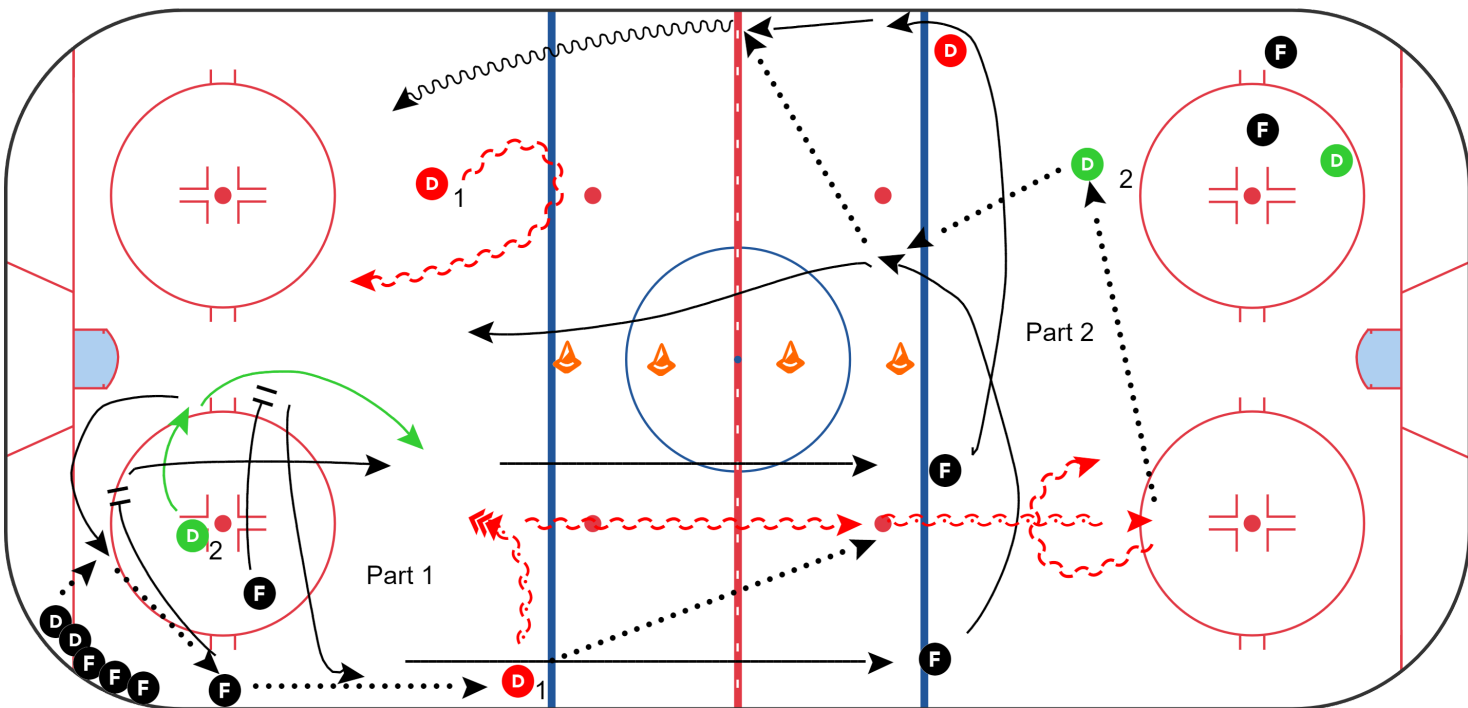




# Breezy Point



## Description

### Part 1

Drill starts with opposite corners going at the same time - opposite side is not drawn, but mirrors the drawn side.

F1 passes low to high to D1, walk & shot. F1 & F2 have ONE opportunity off shot/rebound. As soon as puck is outside house area, they turn to transition & breakout - no whistle.

2nd puck spotted for D2 to breakout F1 & F2. Create speed through NZ and pass to D1, D2 gets up to blue for opposite side regroup

### Part 2

F1 & F2 swing through NZ to opposite side, D1 passes cross ice to D2 & up to either forward. D1 then gaps up for 2v1 from the opposite ends transition.

(The two defensemen on the opposite side of the ice, started in the opposite corner and moved down the ice on their rep)

Whistle Ends rep - Set players and whistle to start next rep.

Can rotate to the opposite side after half of the time allotted.

PROGRESSION: Add D2 to join the rush to make it a 3v1