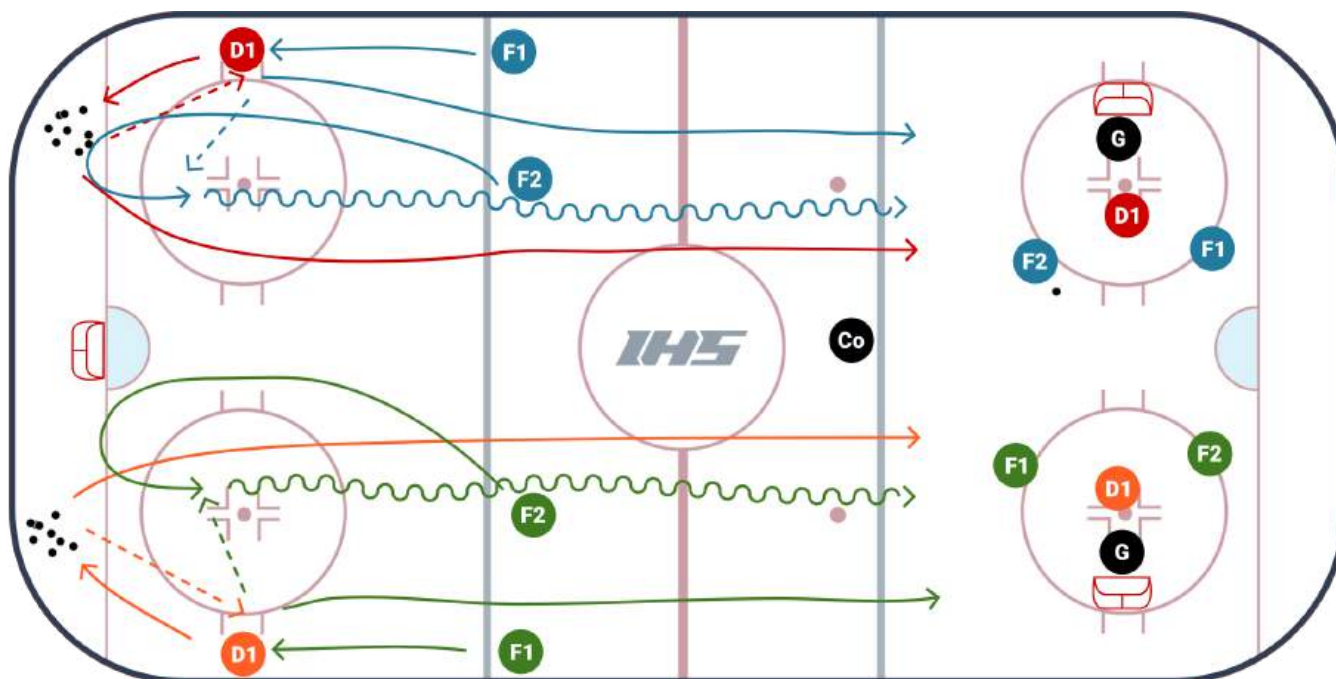


## SAG - Breakout Battle (3v3)



### Description

The purpose of the drill is to simulate puck retrieval/ a breakout leading to a zone entry and a 3v3 game.

Key Factors of the Drill:

Breakout - positioning of winger (along boards - not against boards) and center (low and slow)

Quick and Accurate Passes - speed/accuracy of passes to allow for a quick breakout

This is a SAG that places emphasis on the breakout and leading to a 3v3 game. On the whistle the D1 skates to retrieve the puck and makes a breakout pass to the winger (F1) who is positioned along (not against) the boards and facing up ice. The center (F2) skates low/slow to support the D1 then proceeds up ice to receive a quick touch pass from F1. All three skaters then proceed up ice with the puck (this occurs on both sides). Upon approaching the opposite zone the coach will declare one side as offense and another as defense. The offense side will enter the zone with their puck and proceed to play 3v3 against the opposite team. The defensive side will drop their puck and enter the zone to play the 3v3. Play continues until a goal is scored or whistle.

Players are encouraged to exit their zone with a crisp passes and proper positioning. Coach can reward best breakout with offensive position. Emphasis placed on center going low to support D1 and being in position to pick up touch pass from F1.