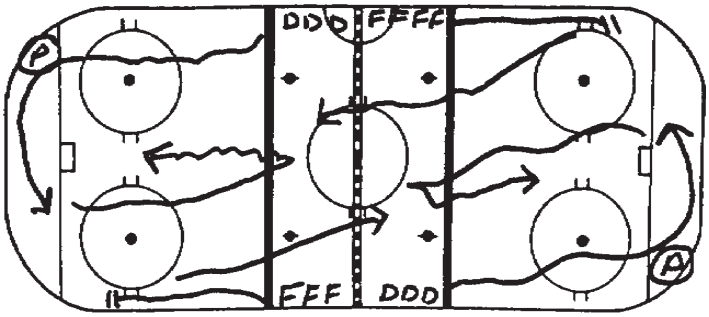
BREAKOUT 1x1

PURPOSE: Gap control.

SET-UP: On the whistle, the defensemen from both ends go backward to the top of the circle, pivot and retrieve a puck in the corner. They proceed around the net and make a direct breakout pass to the forward who is posted at the hash mark. The forward then attacks the opposite net, and the defensmen move up the ice and pick up the forward from the opposite end.