

## Goalie Breakout Pass

### Drill Specifications

Drill Theme: Shooting, Passing, Transition  
Floor Position: Full Floor

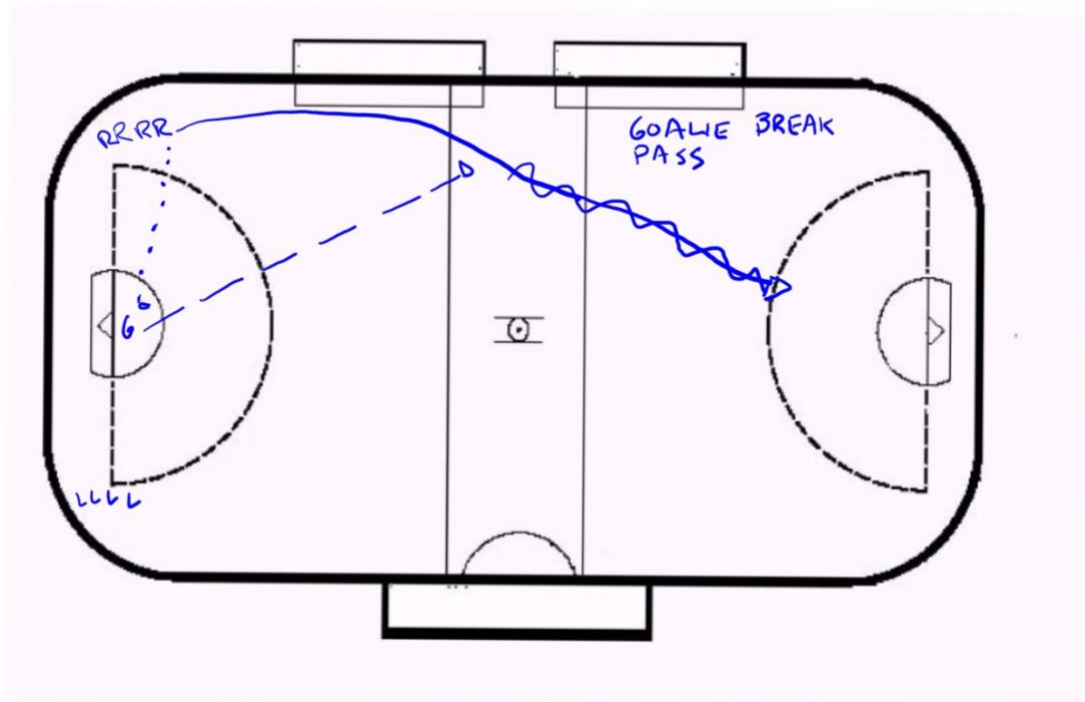
Drill Style: Skills  
Time Needed: 10

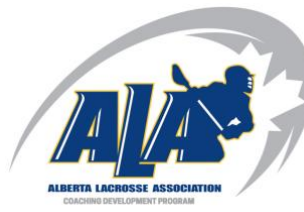
### Objective

This drill is excellent for teaching players coordination while passing and catching while running the length of the floor, as well as simple breakout mechanics.

### Drill Description

Set up two lines in the corners of one end, splitting left-handed and right-handed players as shown. The drill commences with a pass from R1 to the goalie, he will then break up the floor looking for the ball back from the goalie for a breakaway shot. Sides will alternate.





## Skills Practiced

- Shooting
- Passing
- Offensive Transition

## Variation

Two Man Break, Two Shots

