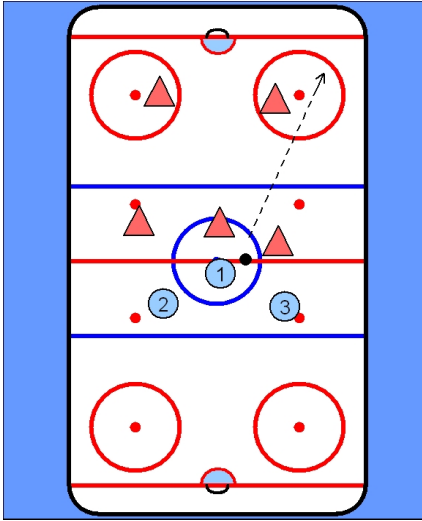
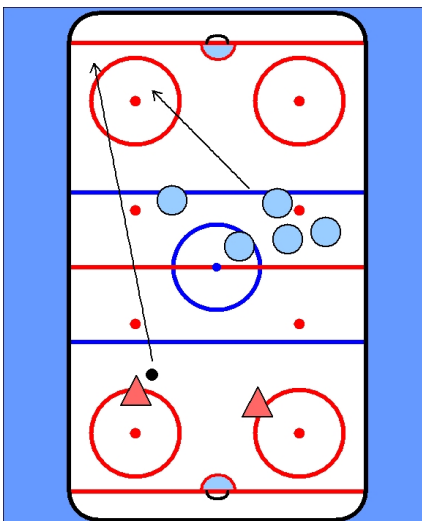
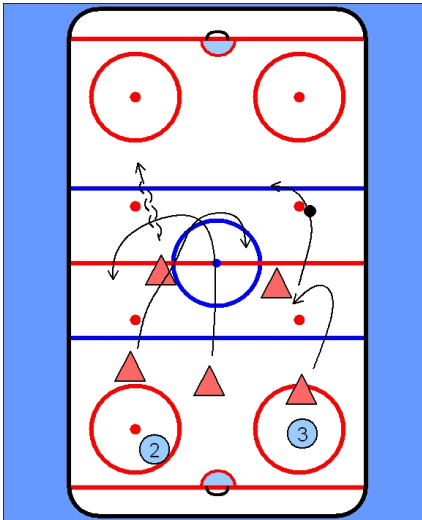




Montreal bo w/ nzone regroup



A FC will dump in puck and FC as a unit of 5 Breakout. Players will go down 5v2 and play until coach blows whistle when players will then retrieve a puck coach placed in N zone. Players will regroup and again attack 5v2.



On next whistle a new group of 5 will jump on and 1-2 or 3 players from the original group will FC as the new unit breaks out.