



Combine Breakout Drill

Don't think we forgot about our shooters out there. Breakout shooting is an incredibly important team skill to have in your arsenal. Every team needs some solid shooters in order to gain an advantage right away and every player should possess this skillset in case you find yourself shooting off the break!

The Breakout Combine Challenge measures your accuracy over distance. But it isn't just as simple as being accurate, you have to be quick to get your paint on target. At a distance of 115 ft. from center to the right and to the left will be a paint box sized target sitting at 3ft off the ground. We have increased the size of the target as we have increased the distance drastically. From the break, you have 47 seconds to complete this drill so you must budget your time and your shots accordingly. This gives you plenty of time to take TWO seconds to get paint downfield and THREE seconds to reset and line up the next shot.

Once you find your rhythm, it is easy to rack up the points and find a good cadence! You will get 10 reps on each side. The measurement is based on a combination of accuracy and overall time. Each rep is either a hit or a miss, regardless of how many shots you manage to take in those two seconds. This one is tricky because if you start to fall behind or you begin to rush and anticipate your hit, you will start to miss your shots.

One big tip for this drill is to make sure you have good paint!

What you will need:

Target = center of paintbox sits at the three-foot mark.
unobstructed view of target at 110' x 33.5' = 115'

UPDATE – Breakout Drill Scoring: Scored as a total time added between both right and left hands.



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Overall time given to complete the drill will be 47 seconds with each hand (max of 2 seconds x 10 to hit the target and 3 seconds x 9 to reset).

If you don't need three-seconds to reset, you can move faster through the reset part of the drill. This is where you can shave off precious time on your overall score. You are also welcome to rush the two-second shot as well, however, you may not take longer than the allotted two-seconds to hit the target before the coach/instructor knocks your barrel down to reset.

Essentially you could use only one-second to reset and come out with a score of 10/10 30 seconds which would set you aside from 10/10 47 seconds

Penalties:

+3 seconds for every miss.

+3 seconds for not touching the start gate between reps (counted as a miss)