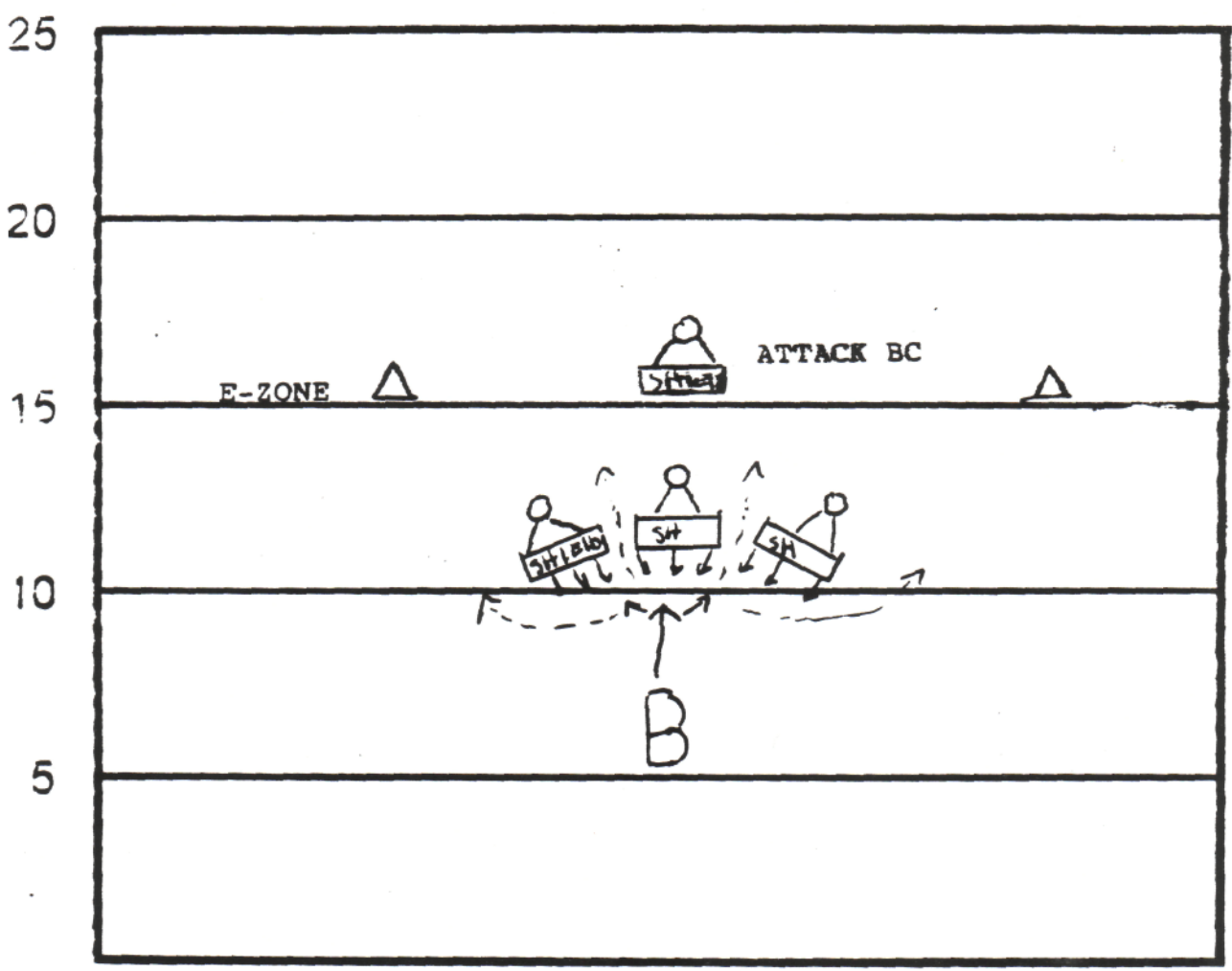


**DRILL: BREAK OUT**

**PURPOSE:** Same as Break Through

**APPLICATION:** The defenders will converge on BC initially keeping him contain until he breaks out. When the BC frees himself, the safety will converge and make contact.

C.P. BC has three seconds to score. You can also split your Backs into team to add more competitive instincts.



**RUNNING THROUGH A CLOGGED HOLE AND ESCAPING.**