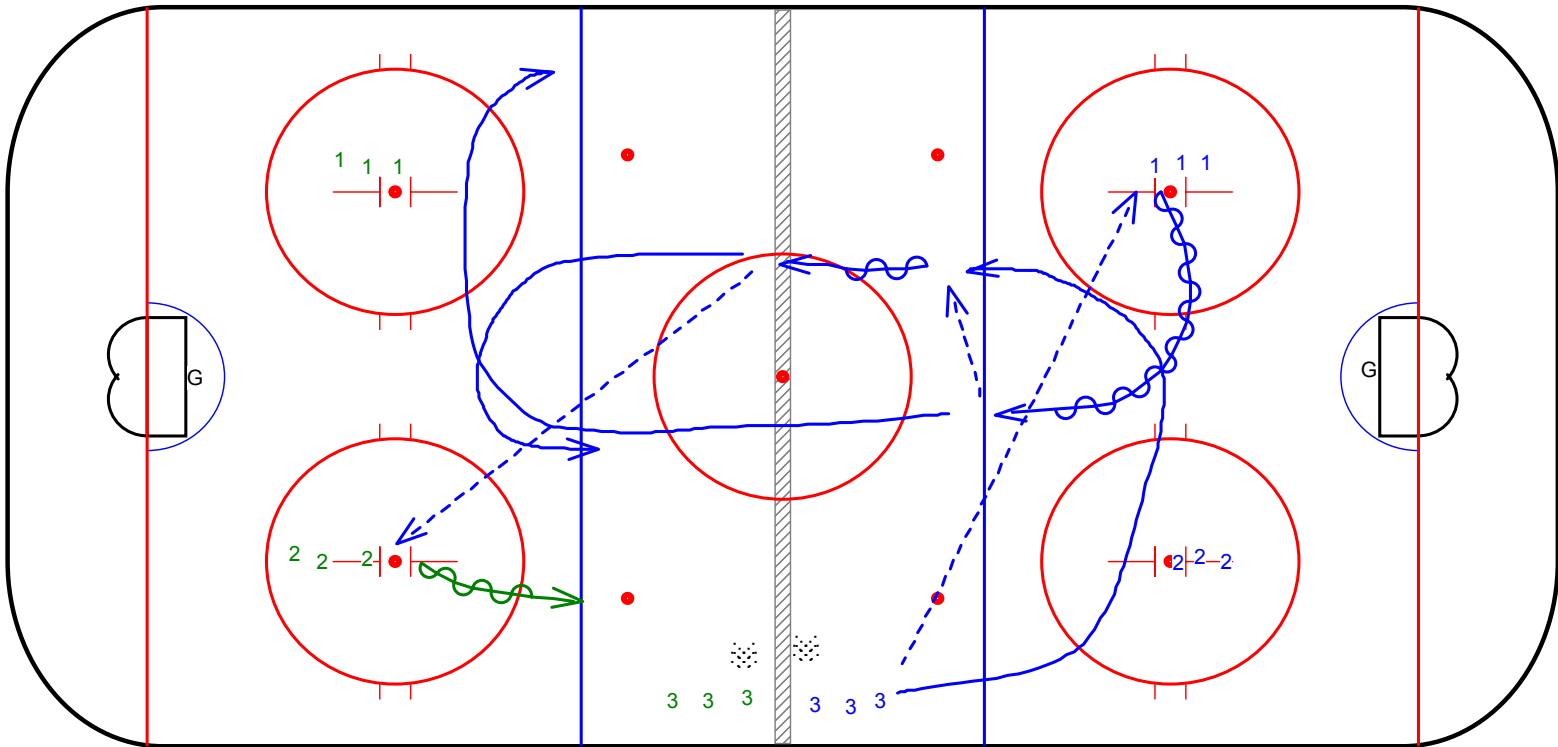


2on3on0



continuous flow.....passing, filling close support lanes, curling facing the puck to be support available at all times.....great warm up drill

3 passes to 1, 1 steps up to mid lane and 3 curls down to support to the outside and 1 return passes to 3, when 3 reaches red line he cross rink passes to 2, 2 steps up into mid lane while 1 & three curl down to support into the outside lane, 2 short passes to 3 who long passes to 1, when attacking the offensive zone on the 3 man rush, use the 2 attack triangle options and then the mid lane attack options. As soon as the 3on0 starts out of the zone the next rep starts from the other end.....no need for whistle command.

....Do your 3on0 and get OUT OF THE WAY and back into a line. DO NOT go back into the same line for 2 reps in a row.

TEACHING POINTS

- passing fundamentals & support skating
- filling support lanes
- attacking with the 3 man rush in the attack triangle using wall drive options and mid ice attack options