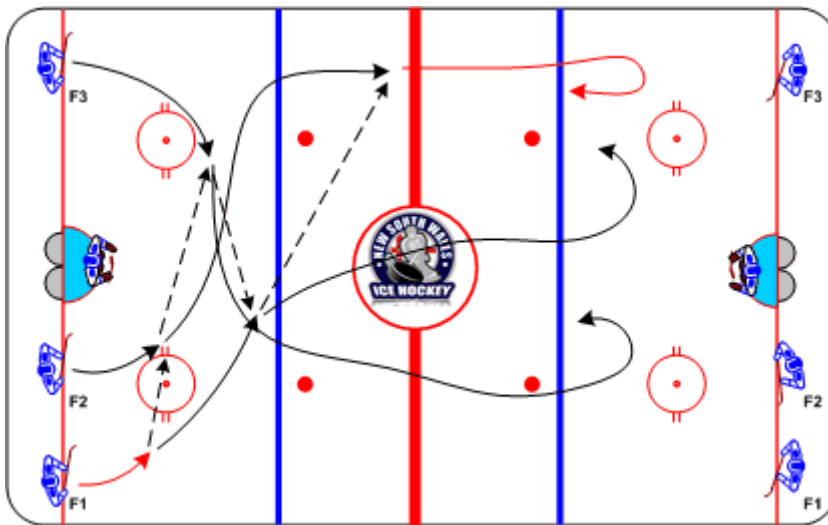




3 Line Reverse Pass & Weave

Duration: 8 mins

- F1, F2, F3 initiate pass & weave pattern
- Enter the zone
- Quick transition
- Attack with good "Principles of Attack"



Coaching Tips

- Communication, visualisation and creativity
- Fill all three lanes

Execution Tips

- No Pucks