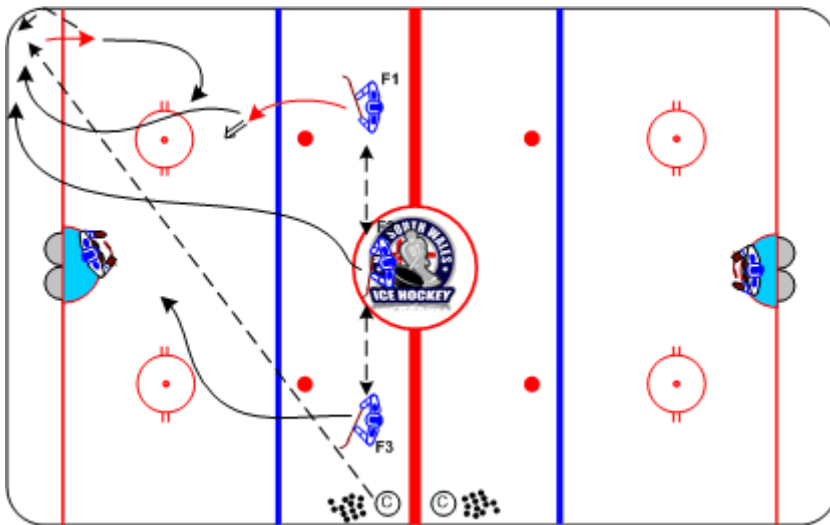




3 Man Cycle from the Neutral Zone

Duration: 8 mins

- **F1**, **F2** and **F3** mill in the neutral zone with **F1** controlling puck. **F1** attacks the net for a shot on goal
- © spots the puck in either corner
- **F1** retrieves the loose puck and carries up the boards before chipping it back to the corner
- **F2** retrieves the puck and has 3 options: net drive and shot; pass to high slot; pass to **F3** driving to the net



Coaching Tips

- Puck chipped to the quiet zone positioned between the body and the boards
- Head up - not looking back at the chipped puck

Execution Tips

- Use the whistle to initiate **F1's** net drive and shot
- Spot the loose puck as **F1** releases shot
- Begin drill indicating the corner the puck is spotted in