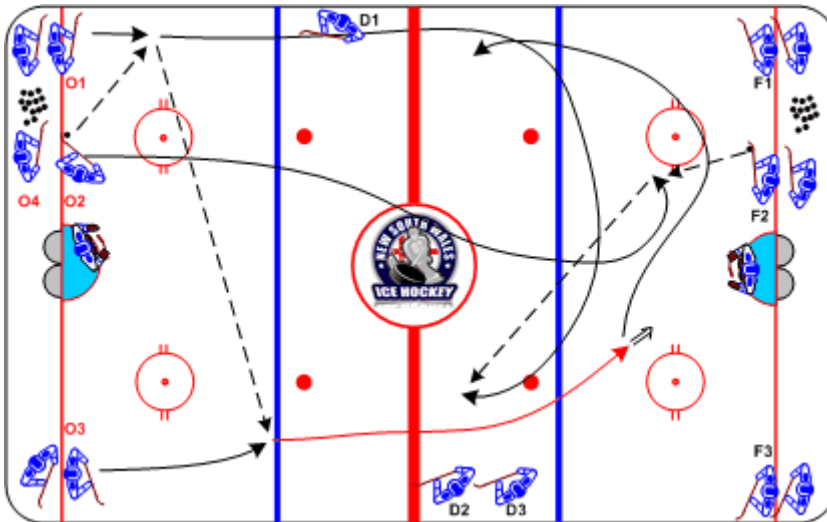




3-on-0/3-on-1/3-on-2

Duration: 8 mins

- O1, O2, O3 attack 3-on-0
- After play, **Forwards** regroup with pass from F2 and go back 3-on-1 vs D1
- After the play, **Forwards** regroup with pass from O4 and attack 3-on-2 vs D2 and D3
- F1, F2, and F3 go next



Coaching Tips

- Fill 3 lanes
- Support the puck
- Communication
- 1-2-3 Principle of Attack
- Focus on sound passing technique

Execution Tips

- Unit of 3 **Forwards** on the whistle
- Next two repetitions flow continuously with a pass