

Title : 3 on 0

Content elements: _____

Components : _____

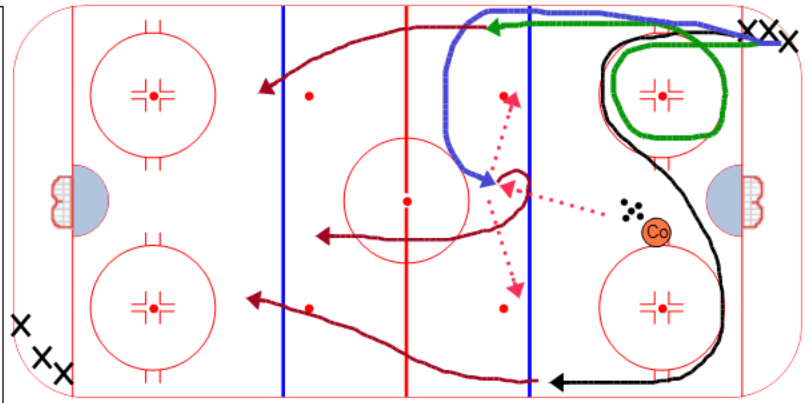
Description

The first player skates over the near circle and under the far circle and then up the outside lane.

The second player skates around the near circle and then up the near side lane.

The third player skates straight up the near wall and loops back in the neutral zone to receive a pass from the coach. Player three immediately makes a one touch pass to either skater on the wings and then all three go in 3 on 0.

Drill can be run at both ends with alternating starts.



Key Points :