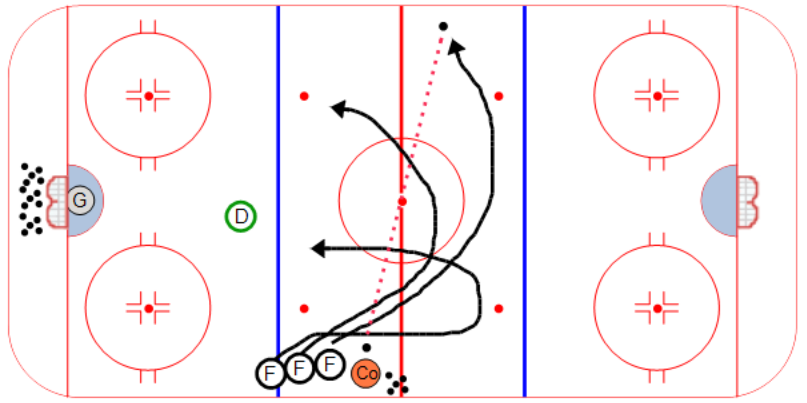


Title : 3 x 1 Transition to 4 x 3 Content elements: Components :

Description

Drill starts when the coach lays a puck out into the neutral zone and the three forwards regroup and attack 3 on 1 into the zone.

Forwards should use good fundamentals when attacking and be sure to support the mid lane area.



Key Points :

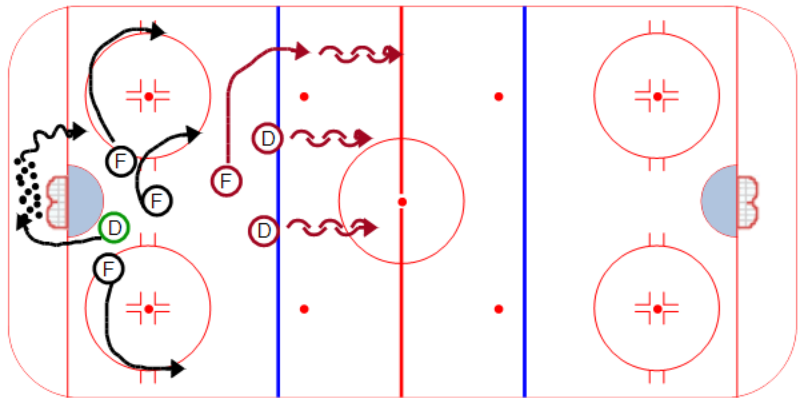
Title : 3 x 1 Transition to 4 x 3 (se Content elements: Components :

Description

Once the 3 on 1 ends either by a whistle, shot or score, the D goes behind the net and picks up a puck to begin a breakout.

The forwards get into good support position to work the breakout and all four skaters go 4 on 3 against two new defensemen and forward who have stepped out at the blue line.

The defensive F is asked to pick up the outside lane. This drill is more along a normal game like situation.



Key Points :