

Title : Finn 3 x 0

Content elements:

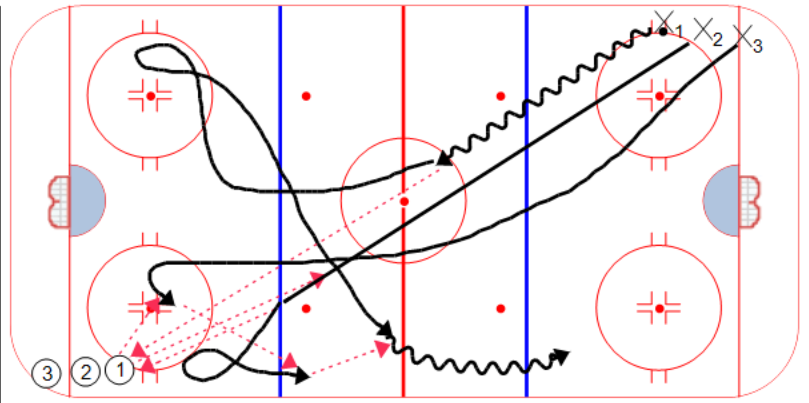
Components :

**Description**

This panel shows the entire drill as one sequence. Individual sequence panels are below.

Drill is designed as a 3 on 0 using the entire ice surface.

The drill can be run from both sides simultaneously but you should alternate sides until the team understands the flow of the drill.



**Key Points :**

Passing

High Tempo

Play Recognition

Lane Support

Title : Finn 3 x 0 (seq 2)

Content elements:

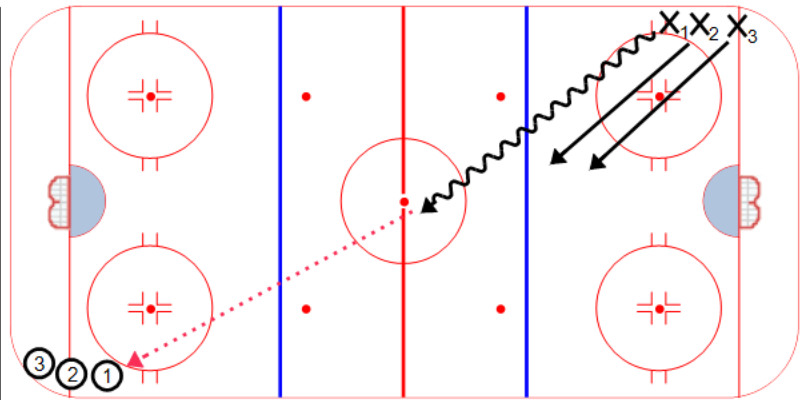
Components :

**Description**

X1, X2 & X3 leave at the same time making sure they work on their timing into the far zone.

X1 carries the puck and makes a pass to the first player in the opposite line as he nears center ice.

Make sure the pass is a good hard pass.



**Key Points :**

Title : Finn 3 x 0 (seq 3)

Content elements:

Components :

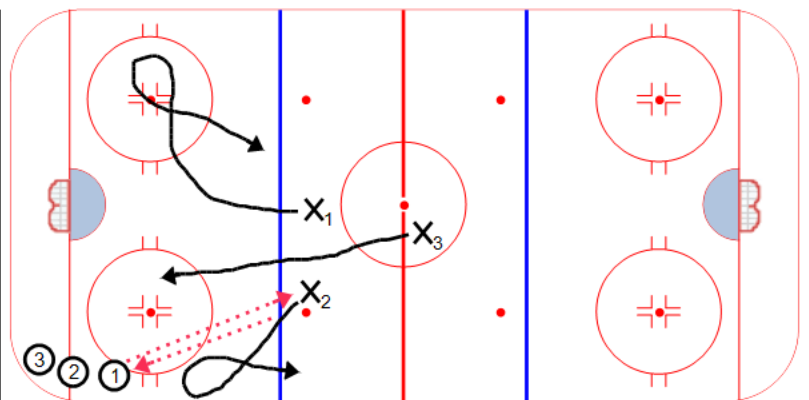
**Description**

X1 flares to the outside facing the puck

X2 and O1 work a give and go pass

X2 goes to breakout position on half boards

X3 supports the puck in the circle



**Key Points :**

Title : Finn 3 x 0 (seq 4)

Content elements: \_\_\_\_\_

Components : \_\_\_\_\_

**Description**

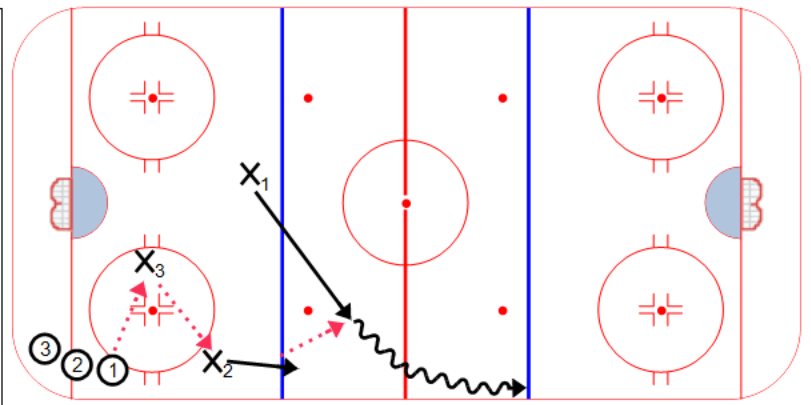
O1 passes to X3

X3 passes to X2

X2 passes to X1 who has come across the ice to support the play (Slash support)

The tree forwards attack down ice 3-0 working on attack-break-cover techniques.

Make sure X2 & X3 skate hard to join the rush in proper support positioning.



Key Points :