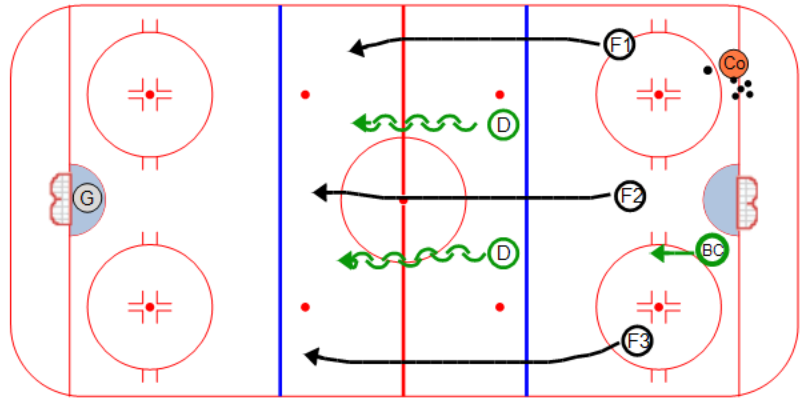


Description

Coach starts the drill by passing to one of the forwards who attack the other end 3 on 2.
 The drill is designed for the forwards to work on basic zone entry tactics. Make sure someone fills the mid lane and drives hard to the net. Puck carrier should understand his options when he crosses the blue line. Third forward can work on delaying across the top of the circles for a shot.

PROGRESSION:

Add a backchecker (BC) to the drill to force the 3 on 2 to react quickly and move the puck.
 Make sure players skate hard back to the start after drill is complete.



Key Points :

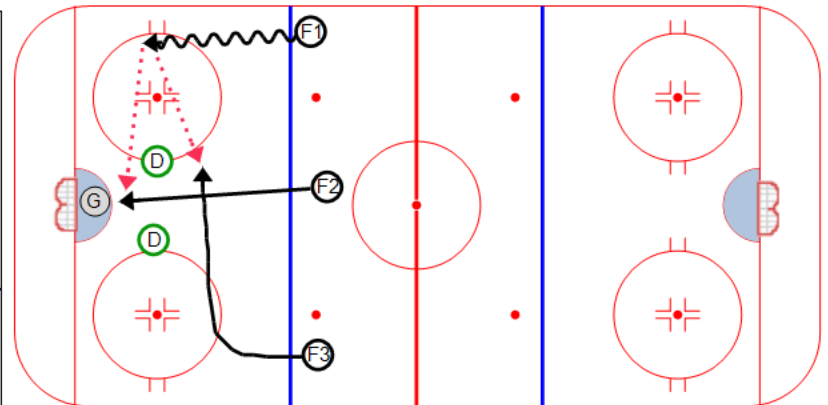
Description

F1 can shoot or pass to F2 or F3.

If F1 shoots he should be sure to hit the net because a missed shot from this angle typically goes out of the zone on the opposite side.

F3 should try to get to the high slot around the near side post.

If F1 keeps their shot low they can create a rebound for F2 driving the net.



Key points :