Title: 3/4 lce 3 on 2 Content elements: Components:

Description

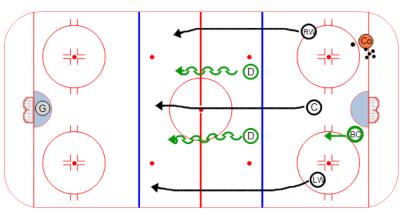
Coach starts the drill by passing to one of the forwards who attack the other end 3 on 2.

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 or driving hard to the outside post.

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.



1	1	
1	1	
1	1	