

C3 1 on 1 to a 3-2 Flow

Key Points:

Create many situation up to a 3-2. Fill all three lanes and always face the puck. Create 2 on 1's on the attack.

Description:

1. From 1 to 3 forwards exchange puck with D1.
2. Regroup with D2
3. Attack vs D1
4. New forwards pass to D2 while D3 replaces D1

