

## T2 - 3-0 Cycle Up-Pass Low – Pro

### Key Points:

Force the defender to chase before passing behind the net and give the attacker behind the net a passing option on each side. Shoot with either on one timer or quick release.

### Description:

1. F1 skate up the boards with the puck and force the defender to chase.
2. F2 support below the goal line while F3 is in the strong side high slot.
3. F3 skate to the mid-slot on the weak side.
4. F1 move into the slot on the strong side.
5. F2 pass to either F1 or F2 and all players go for any rebound.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160413133403365>

[https://youtu.be/28gxZg\\_dPjU](https://youtu.be/28gxZg_dPjU)

