

## C3 - 1-1 to 3-1 – Pro

### Key Points:

Maintain defensive side on the 1-1. Attack with speed on the 3-1 making the first play early while the defender delays the play from the middle.

### Description:

1. Start with a forward walking out of the corner and attacking vs. one defender.
2. When 1-1 is finished two new attackers start up the ice vs. one defender.
3. The original forward join the attack and the D follow making it a 4-1.

*Option: To make it more gamelike the original attacker could backcheck while the D joins the play*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120928100237195>

<https://youtu.be/vKc2tSbBAYs>

