

C3 - 1-1 F Delay-Cutbacks Option - U17 M

Key Points:

Forwards use delays and cutbacks to get to the net. D keep on the defensive side and a tight gap. Box out after a shot.

Description:

1. F1 on each side carry the puck to the red line and attack the net.
2. D1 skate up to the blueline to create a tight gap.
3. F1 use cutbacks, delays, to get to the net.
4. D1 keep on the net side with a tight gap and stack on the puck.
5. F1 follow the shot and D1 box out and tie up attackers stick.

<https://youtu.be/jwzXNcqEw2w>

