

T3 -1-2 Instruction -Stick Lift-Box Out - C U18 F

Key Points:

Go over the stick lift, boxing out and 1-2 defensive support.

Description:

- 1 - 2 if B1 is beat then B2 check R1 quickly and B1 support from net side.
2. Play out the 1.2 situation.

Angle and Stick Lift

Approach at back shoulder, inside leg in front, skate through the hands, lift stick, take puck and escape with hard strides to open ice.

Box out attacker going to the net.

Skate backward between attacker and net with a tight gap. Seal attacker stick to the outside to prevent tips and block their way to the net, tie up attacker stick so they can't get rebounds, then look for the puck.

T3 -1-2 Instruction and Demo - C U18 F

<https://youtu.be/34WDk2e0Mno>

T3 - Quick Stick Lift While Surfing - C U18 F

https://youtu.be/Y_iS_jibcqw

T3 - Box Out Instruction - C u18 F

https://youtu.be/9q_BjIHWctY

