

## T2 - 3-0 Cycle - Over - Pass Low-High F3 Shoot - U18 M

### Key Points:

F1-F2-F3 rotate in a triangle with two low and one high. Pass behind net and change sides. Use cycle and scissors to create confusion for the defenders.

Always have and F3 and follow the cardinal hockey principle. 'Attack so that you can Defend and Defend so that you can Attack'

### Description:

1. Start with a puck in the corner.
2. F1 cycle the puck go F2 and become F3.
3. F3 pass to F3 behind net.
4. F2 skate behind and pass to F1 or F2 for shot.

B

1. F1 cycle up wall and pass to F2.
2. F2 pass to F3 who shoots

C

F1-F2-F3 rotate in a triangle with two low and one high.

**.'Attack so that you can Defend and Defend so that you can Attack'**

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<https://youtu.be/O-tIKgkJtUw>

