

T2 - B5 - 3-1 Cycle-Pass-Rotate-Shoot - U18 M

Key Points:

Play at Triangle Offense with closest player on the puck, second closes low support and third closest mirror in the high slot. Skate away from pressure and pass to an open player while the triangle rotates so there is always an F3 high.

Description:

Part One

- 1 F1 skate up the wall and pass below the goal line.
2. F2 drive behind net with the puck and pass to F1-F3.
- 3 Three F rotate in two low one high triangle.
- 4 Shoot and crash net for a rebound.

Part Two

1. F1-F2 low and F3 high slot triangle.
2. F1 skate up wall and scissor to F3.
3. F1 replace F3 high in triangle.
4. F3 pass to F1-F2 or go to net for a shot.

** Coach always pressure F1 to start the drill.*

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<https://youtu.be/EI2ZBrrIGXU>

