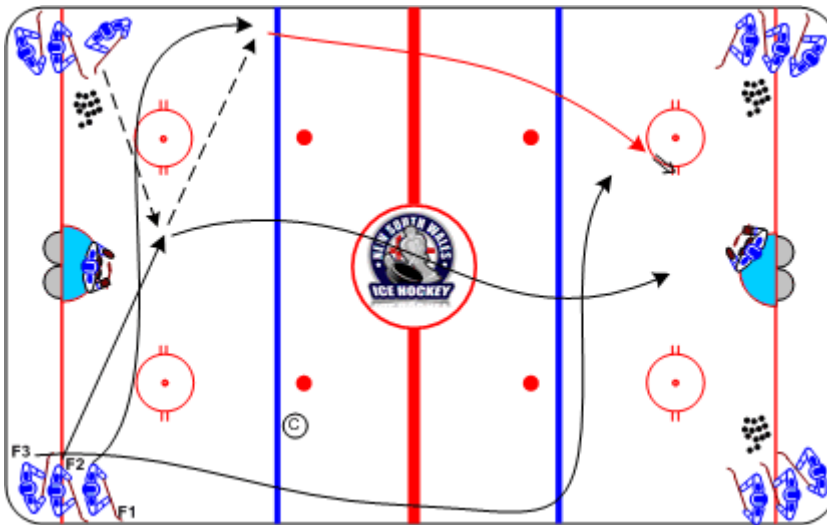




## 1-2-3 Attack Principle

Duration: 7 mins

- **F1** flat skates and moves up the far board lane
- **F2** receives initial pass and headman pass to **F1**
- **F1** executes outside net drive
- **F2** accelerates and drives the net off the puck
- **F3** control skates to high support



### Coaching Tips

- Proper execution of roles
- Support concepts off the puck

### Execution Tips

- **F1** accelerates after **F2** has full puck control
- **F3** can not arrive early - must control skate
- **F2** must drive hard to the far post