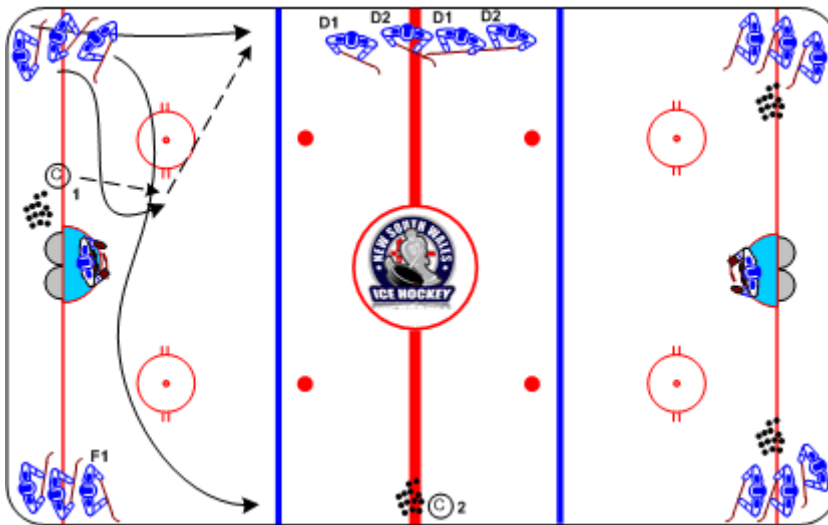




## Ronald McDonald Drill

Duration: 8 mins

- One line of Forwards move to fill the lanes
- © 1 passes to one of the Forwards
- Forwards attack 3-on-0 for a shot on goal
- The Forwards receive a 2nd puck from © 2 and attack **D1**, 3-on-1
- The Forwards receive a 3rd puck from © 1 and attack **D1 & D2**, 3-on-2



### Coaching Tips

- Neutral zone support
- Establish 3 lanes of attack
- Triangulation

### Execution Tips

- No offsides or rebound opportunities
- Focus on re-establishing 3 lanes after new pucks