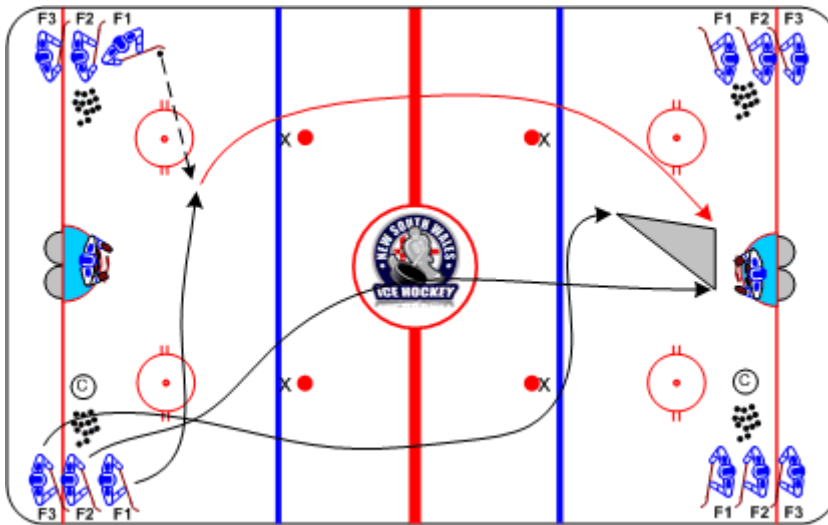




## 1-2-3 Offensive Attack

Duration: 12 mins

- Combine outside net drive, mid-lane drive and 1-up support to create offensive attack triangle
- Progression: **F1** receives pass, drives net 1-on-0; add **F2** supporting with middle-lane for 2-on-0; add **F3** on puck-side with 1-up support, 3-on-0



### Coaching Tips

- Maintain good net drive habits
- Timing - accelerate to net, stick on the ice
- Timing - support behind puck

### Execution Tips

- 1-on-0 and 2-on-0: opposite corners on the whistle
- © feedback to each group in line
- 3-on-0: alternate ends or both ends on whistle