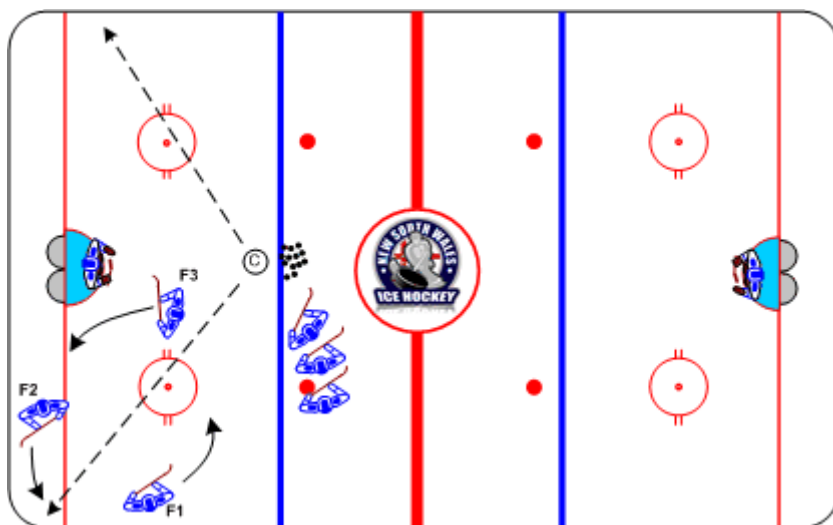




## 1-2-3 Cycle Shooting

Duration: 7 mins

- © spots puck into corner, Forwards cycle until whistle
- Forward with possession of puck drives to the net
- © spots puck to remaining Forwards
- On the whistle, player with puck drives to the net
- Last Forward receives puck from the ©, waits for whistle to attack the net



### Coaching Tips

- Open up after cycle pass
- Cycle puck deep into quiet zone
- Walk to net with speed

### Execution Tips

- © spots puck to vacant corner to begin new group