

Title : Attack Triangle Sequence

Category #1 :

Team Systems

Category #2 :

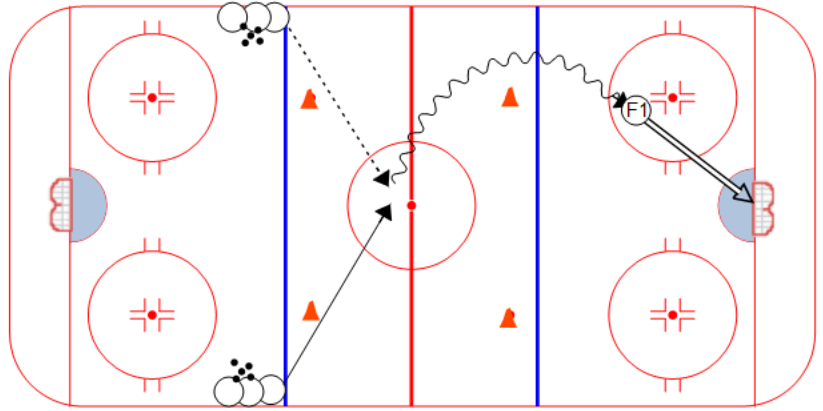
Offensive Attack

Description

Phase 1:

1. player (F1) leaves without puck, cuts across neutral zone
2. receives pass in stride
3. drives wide and shoots
4. after making the pass, first player in other line does the same thing

More Drills and Skills at www.weisstechhockey.com



Key points :

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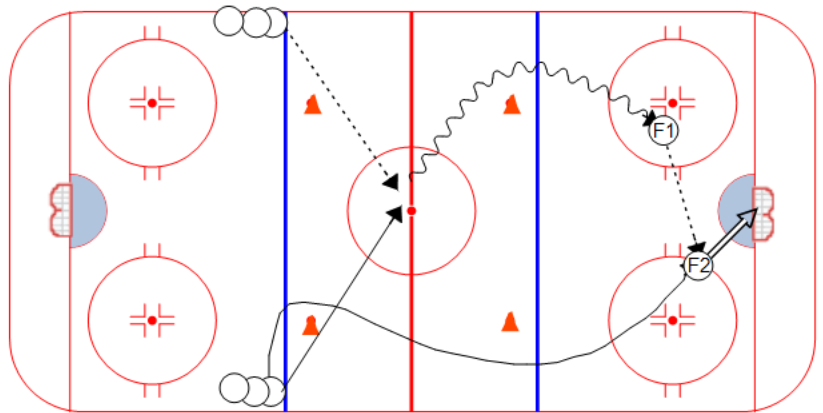
Offensive Attack

Description

Phase 2:

1. first player (F1) does same thing as in phase 1.
2. second player in same line becomes F2. cuts inside first cone, then drives wide and cuts to the net for a 1-timer

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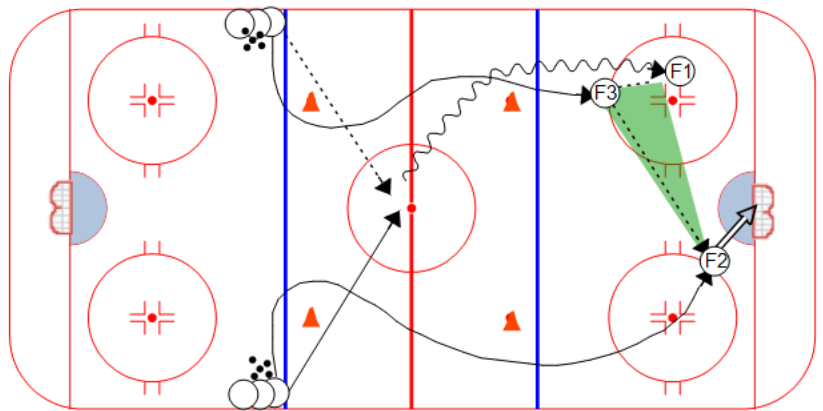
Offensive Attack

Description

Phase 3:

1. F1 and F2 do the same thing as in phase 2
2. Player who makes pass becomes F3 and follows up the puck carrier to form an attack triangle
3. work whatever options you need

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Key points :