



*“Gain and maintain puck control in their zone down low by separating the 3 forwards into a flexible triangle, rotating positions, moving into open spaces, and making soft and crisp passes”*

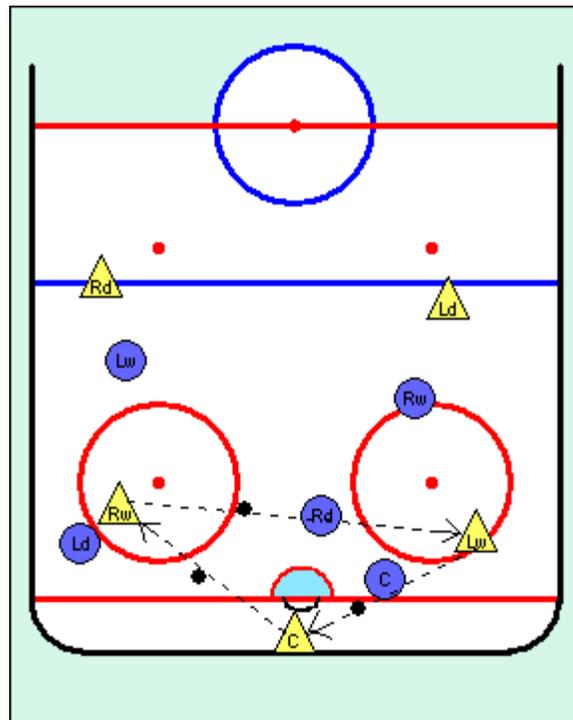
## **OFFENSIVE ZONE - THE 3 PLAYER OFFENSIVE TRIANGLE**

When one of our forwards, say our left winger wins the puck in their zone in the corner, and their right defenceman is coming to check him, the tendency sometimes is to have our other two forwards in front of their net quite close to each other and just outside the crease waiting for a pass.

One of their defenceman can cover two of our players if we set up this way and it normally will not be successful or give us a good scoring chance.

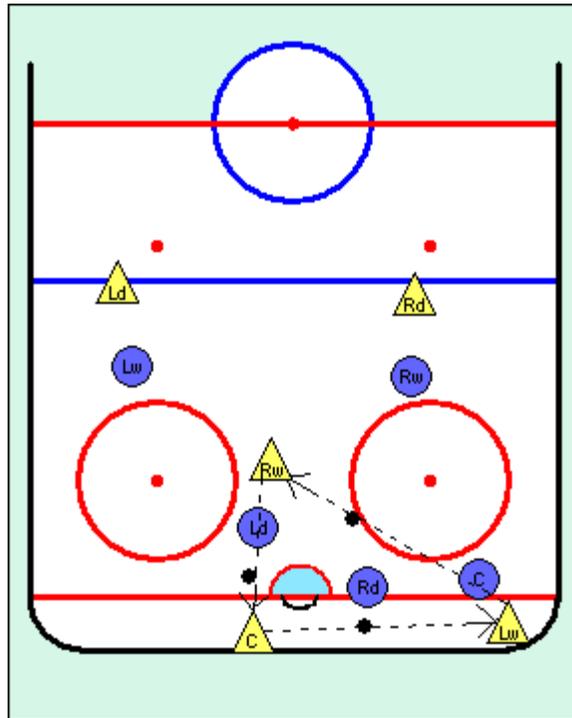
It is much better for our three forwards to spread out and set up a moving and flexible triangle, with our forwards not too close together. The triangle is flexible because it expands and contracts in different shapes as positions change while we control the puck. We try to set up one forward with a good scoring opportunity through a series of give and goes. That is, pass the puck and move into an open space quickly and expect a pass back. This requires a lot of quick movement, thinking, good puck handling, passing and anticipation by our forwards. **Use the ice behind their net and their net as a barrier to keep them away from us.**

So, our left winger in the corner could pass the puck to our centre behind their net and then move to more in front of their net, while our right winger is in front of their net on the other side, far enough away so one of their players cannot cover two of our players.



Our centre could then pass to our right winger who could pass it to back to our centre or to our left winger to the side away from the boards around the face off dot and in front of their net. If their centre or right defence doesn't pick up and cover our left winger in front and at the side, he will be open for a good shot or pass to our right winger.

The players continue to rotate keeping the triangle to maximize the options:



At the same time, our defencemen on the near or far side of the ice may become open if one of their forwards leaves our defencemen to cover our forward.





**The centre shoots the puck into a corner and the 3 forwards chase after it at full speed, checking the D, winning the puck and setting up the offensive triangle. The 3 forwards pass the puck around the triangle (cycling), with lots of player rotation, give and goes, puck handoffs, and triangle shape and size changes, with the 2 defencemen defending. Back and forth across the ice at full speed no higher than the high slot, using behind the net and shooting at the goaltender and retrieving the puck and repeating until the puck is shot out, a goal is scored or 3 quick release one timer shots have been taken.**

**Then the 5 players return to centre and the next 5 go.**

**Then introduce one more defending centre to play with the D, so now it's 3 on 3 down low as it usually is in a game.**

**Then do the same drill 5 on 5.**