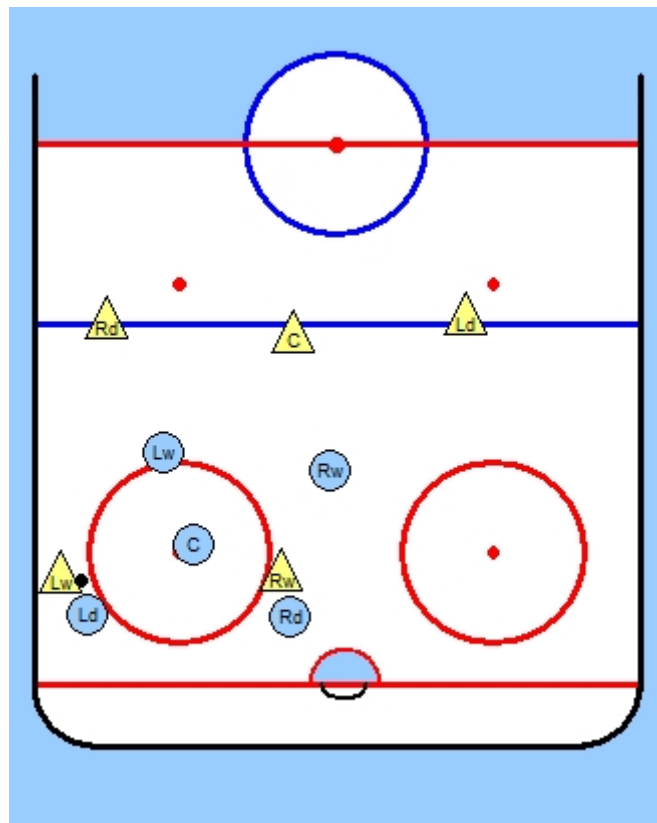




“Gain puck control in their zone down low with 2 forwards and bring the third forward lower only if there is an outstanding scoring opportunity”

OFFENSIVE ZONE - THE F3 HIGH OFFENSIVE TRIANGLE

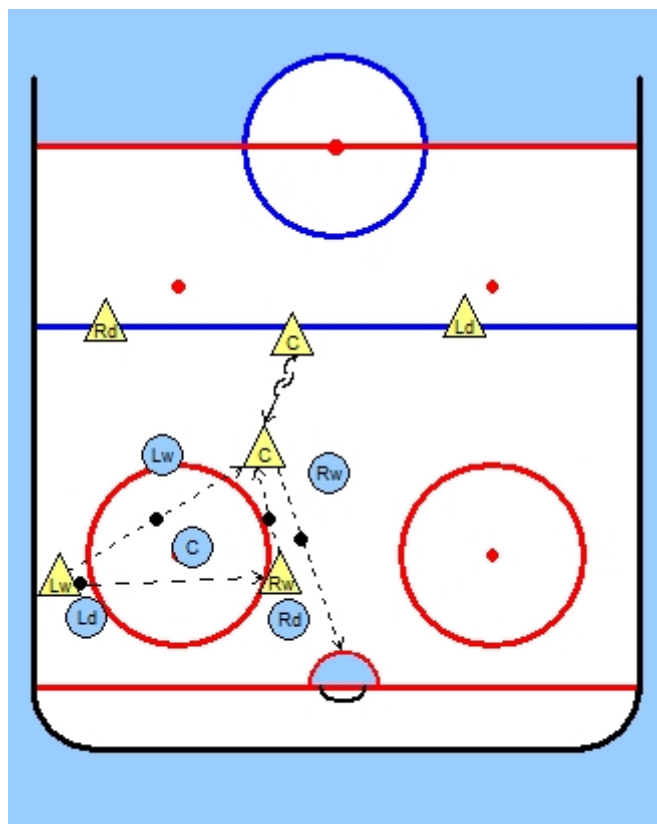
Some coaches are so concerned about turnovers off a cycle or off a failed aggressive forecheck that they require a high F3 on any forecheck and on all cycles when we have the puck (called a 2 man cycle). This strategy to some extent lessens a team's ability to execute a tight low down offensive triangle play, but it does almost guarantee 3 players back on all turnovers in their end and there are some definite offensive advantages as well. The F3 high structure would look like the following with our centre in yellow the F3:





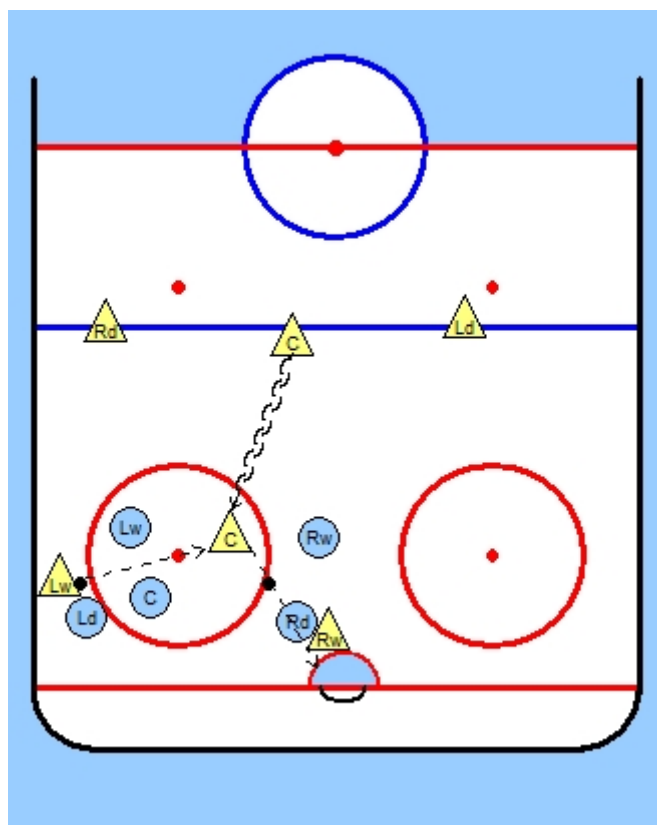
Now one such offensive advantage to this structure is after one of our forwards wins the puck and even executes a pass to his other forward down lower. Our F3 forward can create his own passing lane moving down lower into a “soft spot” in the Grade A scoring area for a good scoring opportunity. If it doesn’t work out he still stays high or if our centre goes down low for a rebound say, another forward takes over his position as our F3 high.

This formation is still a triangle, just that the top of the triangle is higher in their zone.





But, there is another advantage given that many teams these days play a “protect the house” system in their defensive zone with both wingers down to the faceoff dots and sometimes even lower, and their centre also low. If we can get puck control low there is all kinds of space for our F3 forward to exploit to find a soft spot in a Grade A scoring area, as in the below diagram:



When we are winning late in the game this formation is very useful in protecting our lead but still being aggressive with 2 down low cycle forwards.

PRACTICE DRILL

Pucks in centre circle. Goalies at both ends. Run this drill at both ends of the ice.

Two wingers and a centre (the forechecking offensive line with the same colour jerseys) line up across the top of the circle facing towards the blue line and 2 defencemen (with different colour jerseys) who will be defending line up just in front of them facing the same way.

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.