

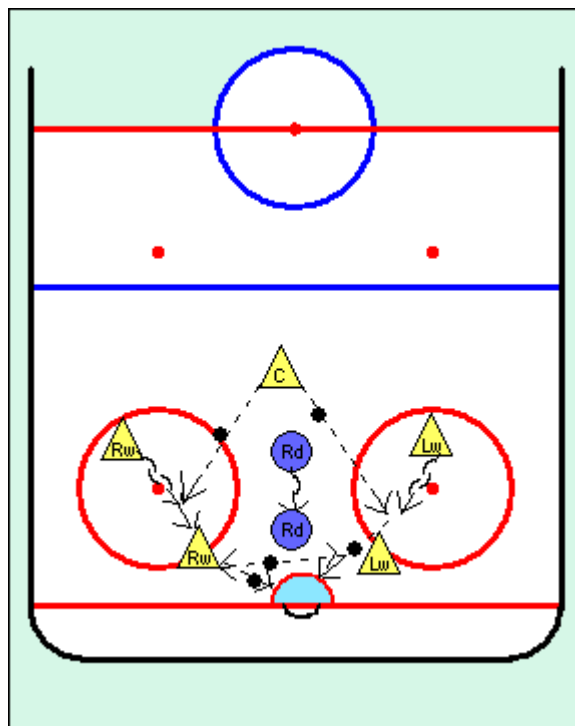


“ A 3 on 1 is just as good a scoring opportunity as a breakaway because there are 2 more players you can pass to with the goalie only being able to cover 1/2 the net at a time ”

OFFENSIVE ZONE – 3 ON 1s - 3 Plays

When we come over their blue line with 3 players against 1 of their defencemen when our centre has the puck, there are many good plays that could result in a goal:

- one good play is for our centre to slow down, the two wingers go to the net wide and to the side of the centre as their defenceman continues to back in. If their defenceman lunges at our centre or stops, the centre can pass off to either forward. If the defenceman stays in the middle and continues to back in our centre waits for the opportunity to pass to a winger, the winger either scores right away or passes to the centre or the other winger for an open net goal.



SPEED CHANGES CONFUSE THE DEFENCE

