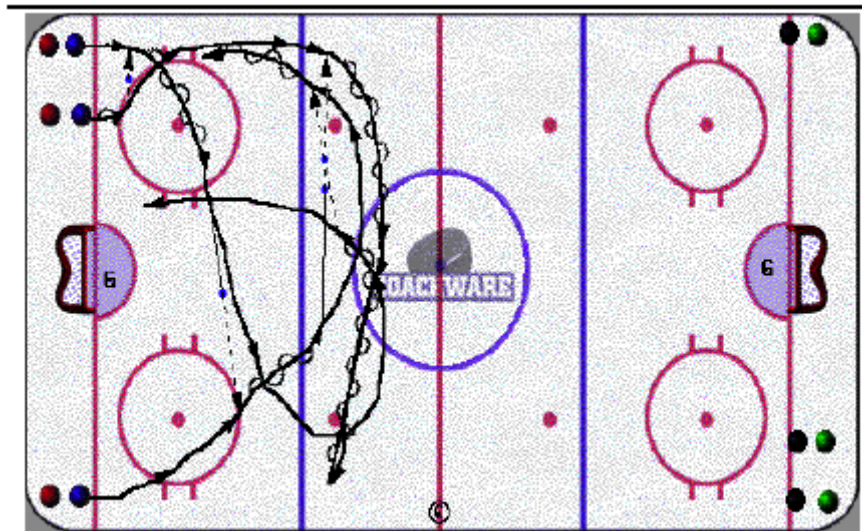


3 Man Weave - 1/2 Ice



Description

Players are divided into 3 lines in each end. Both sides go at same time, staying on their side of center ice. Players move up ice (weave pattern - basic follow pass into that lane) and once they get outside of their zone, they cross, maintaining speed and take other lanes when regrouping and re-enter the zone. Players should maintain taking the puck wide and use triangulation.

Key Teaching Points

- Follow the pass
- Communicating the pass
- Entering on side
- Triangulation in attack

Key Execution Points

- Good passes
- Communication
- Attack with speed