

**Purpose:**

- cycling
- shooting.

**Description:**

- on the whistle, 1, 2 and 3 accelerate to the center face off circle with pucks
- stickhandle at top speed inside the circle
- on the whistle, 1 accelerates out of the circle and in for a shot on goal
- C spots a puck in the far corner, 1 picks up the puck and moves up the boards
- when 1 crosses the blue line, 2 releases for a shot on goal
- 2 moves behind 1 for the first cycle
- as 2 crosses the blue line, 3 releases for a shot on goal
- 3 moves behind 2 for the second cycle
- 3 passes to either 1 or 2 for the shot
- 4, 5 and 6 begin when 3 shoots.

**Teaching Points:**

- shoot to score
- timing.

**Progression:**

1. attack 3 vs 0 going the other way after the shot on goal.

