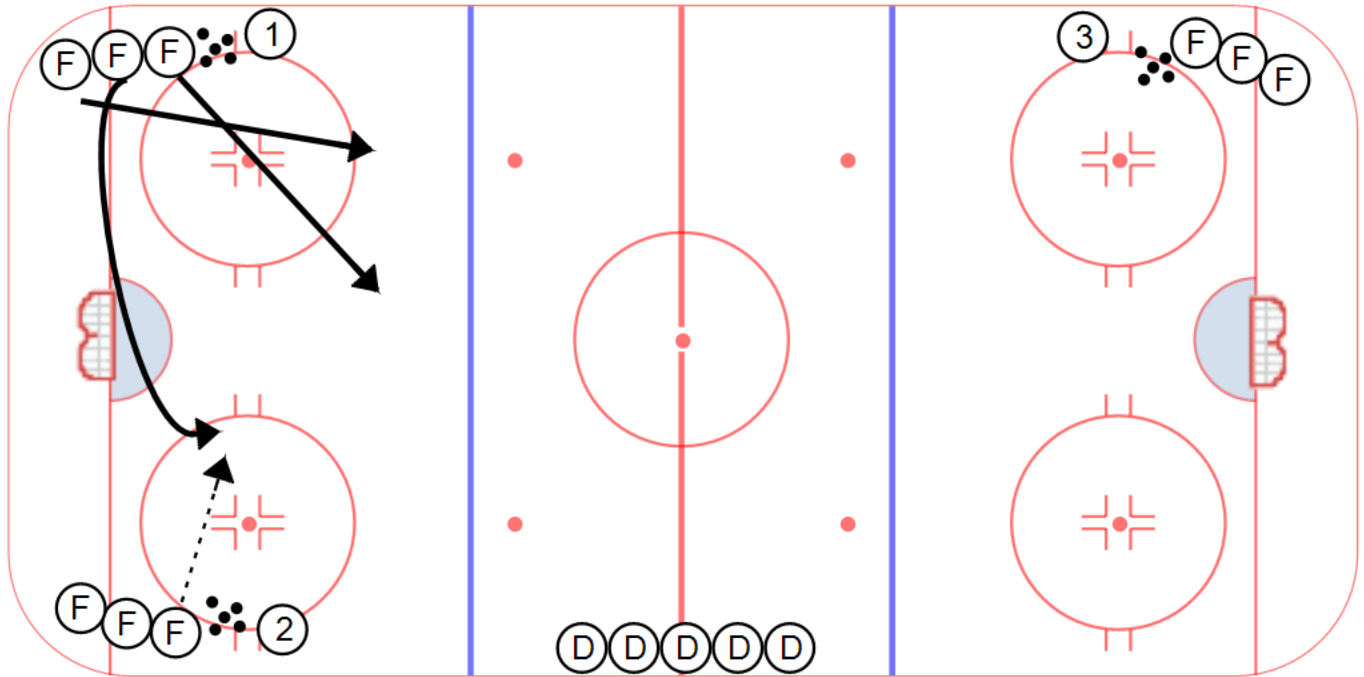


Category #1 : COACHES MANUAL

Title : 3 VS 0; 3 VS 1; 3 VS 2

Category #2 : ATTACKING OPTIONS

Content elements : _____ Components: _____



Key points : SPEED COMMUNICATION FILL LANES SCORE GOALS

Description

- FLAIR
- Line 1 starts with a pass from Line 2 and attacks 3 on 0 against the goalie.
- Line 1 curls and receives a pass from Line 3 and attacks 3 on 1 against the goalie.
- Line 1 then curls again and receives a pass from Line 2 again and goes down 3 on 2 against the goalie.
- Continue with the same process for Lines 2 and 3 until they've completed full 3 on 0, 3 on 1, 3 on 2.