

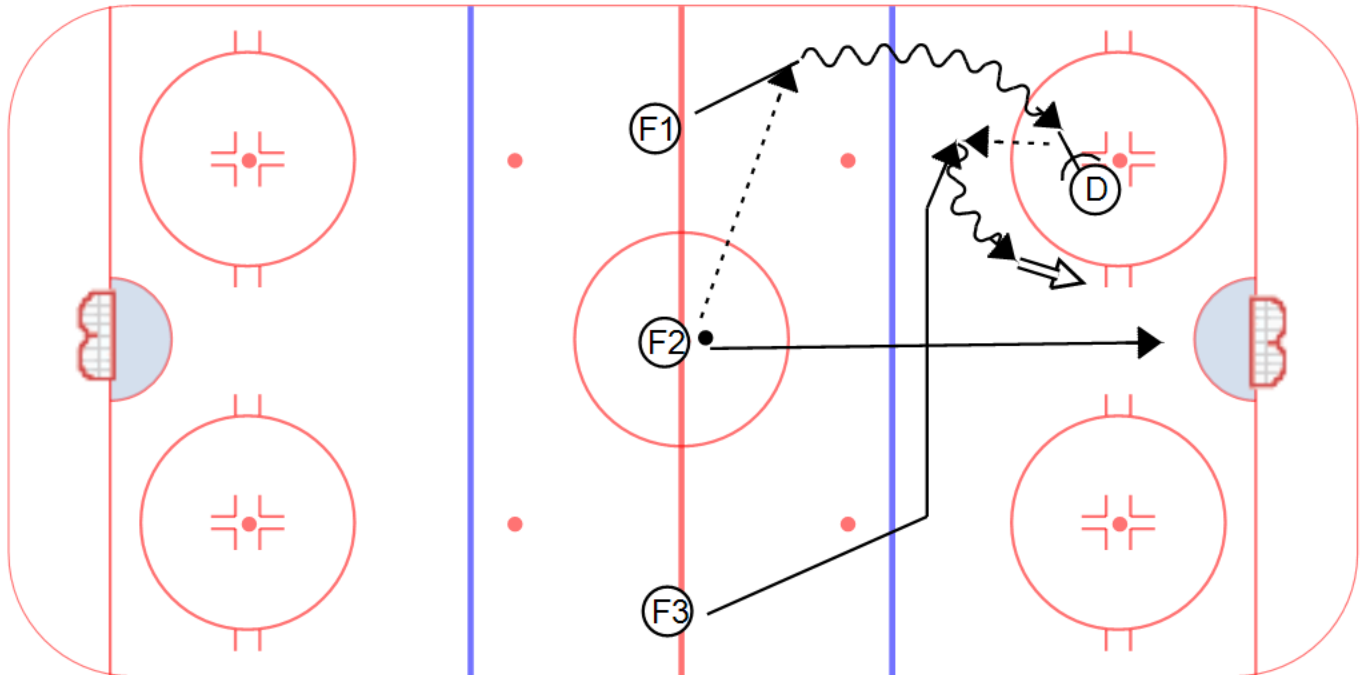
Category #1 : COACHES MANUAL

Category #2 : ATTACK OPTIONS

Title : I UP

Content elements :

Components:



Key points :

ATTACK WIDE WITH  
SPEED

DRAW DEFENDER

DROP PUCK

CLOSE OUT DEFENDER

### Description

I UP:

- Attacking forward F1 must drive wide while the support from F3 comes in behind for a drop pass.
- After the drop pass is completed the original puck carrier tries to box out the defenseman allowing a lane to the net for the support.
- F2 drives mid lane of the ice towards the net to drive the other defenseman back and looks for a pass or rebound.