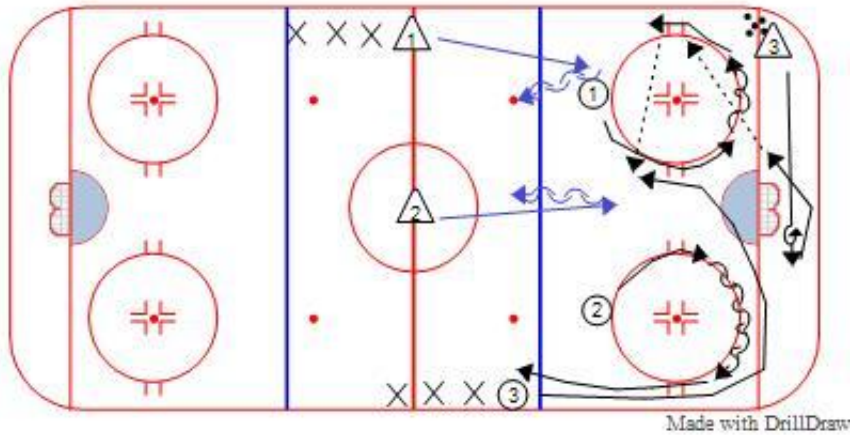


Cross Lane Attack

Category: Timing | Drill Level: Intermediate



Key Points

- Always Face Puck
- Timing
- Gap Control
- 3 on 2
- Escape Turns

Description

On the whistle, D3 begins skating behind the net and does an escape turn behind the net and turns up ice for a quick breakout pass to 1.

1 and 2 head around their respective circles, always facing the puck. F3 curls low and cuts for a second pass on the breakout.

D1 and D2 skate in to the tops of the circles to set their appropriate gap and play the rush 3 on 2.