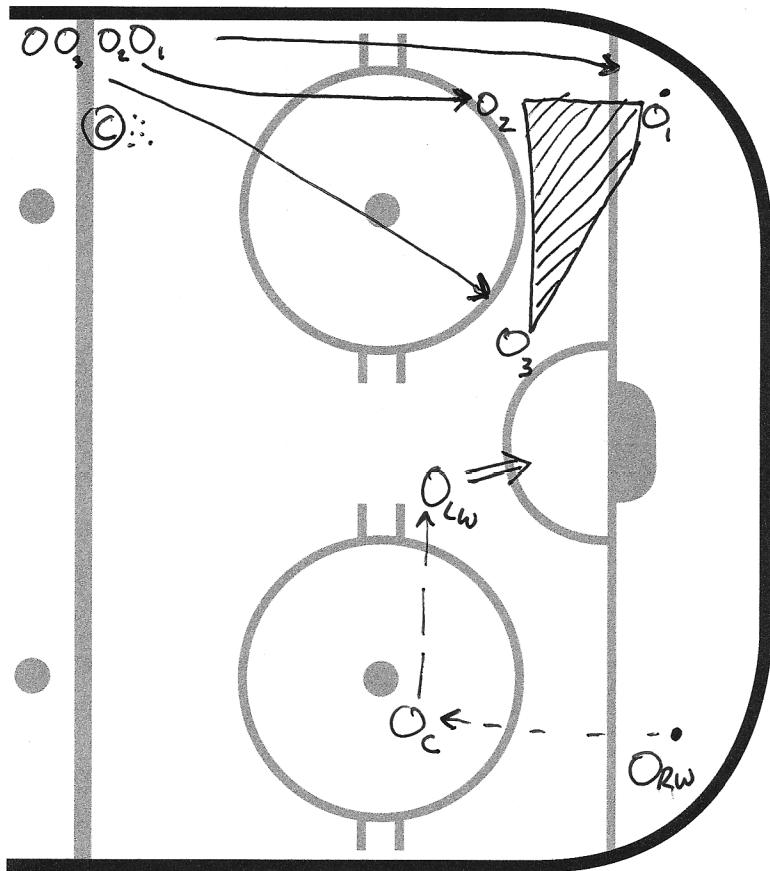


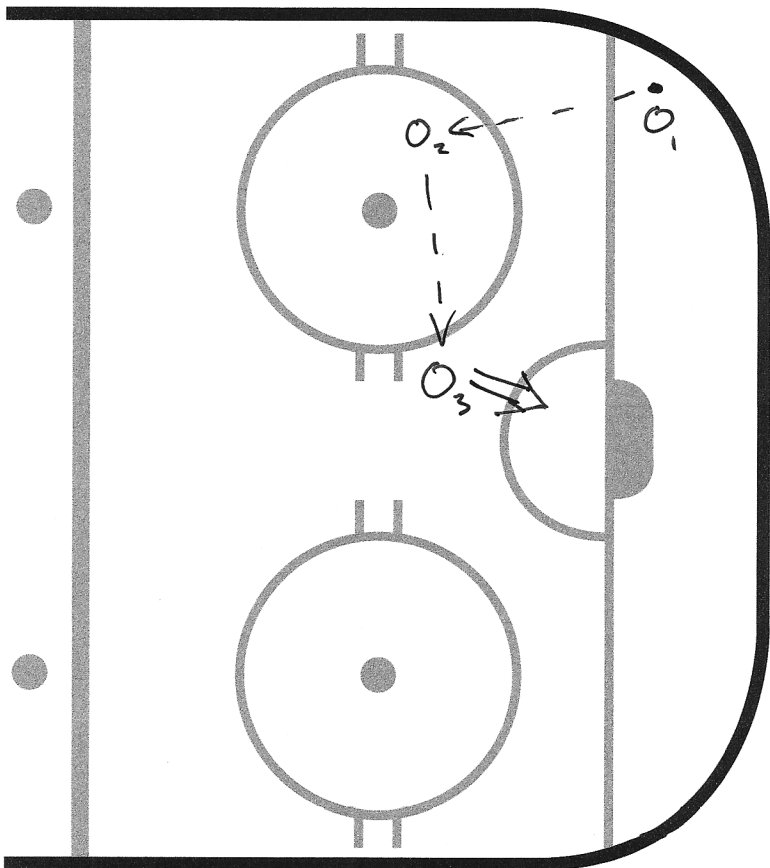
# O-ZONE OFFENSIVE TRIANGLE



## My Drill:

- DRILL DONE IN 'SLOW TIME' TO ALLOW FOR STOPPAGE + INSTRUCTION
- (C) SPOTS PUCK IN CORNER
- FIRST FORWARD (WINGER <sup>O1</sup> OR CENTRE) PRESSURES PUCK IN CORNER
- SECOND FORWARD (CENTRE OR <sup>O2</sup> WINGER) MOVES TO SUPPORT POSITION
- THIRD FORWARD (WEAK SIDE WINGER) MOVES TO SLOT (<sup>O3</sup>)
- GROUP MUST MAKE ONE PASS BEFORE SHOOTING
- PROGRESSION: ADD DEFENCE

NOTES/COMMENTS  
REINFORCES O-ZONE  
PUCK SUPPORT



## My Drill:

NOTES/COMMENTS