



Description

This drill is a progression/variation of Team Ontario. In this version, as in the original, the only way you can score is off a screen, tip/deflection, rebound, or one-timer. The progression of this drill is that the "point player" is free to skate down off the wall and into the play, so long as they are replaced by one of their teammates above the dot line (yellow line). This creates more dynamic in zone play and works on triangulation, offensive rotation, support.

Key Points

- Creativity
- Passing and playmaking
- Shooting - quick release; one-timers
- FNP
- Support - triangulate, quiet area