

- The timing portion of this is in the angle of the pass F3 will make as F2 is full speed up the weak side. Too early and it will force F2 and F3 to switch and slow down. Too late and the defender can step up to intercept.
- F3 should be slightly under F2 allowing the pass to be made to F3 in full stride.
- The player back checking is simply racing down the wall and around the bottom of the third cone as they apply back pressure through the middle of the ice.
- Strong side D should be playing the 2-1 with F2&F3. Weakside D is “surfing” over F3 without over committing and leaving the cross ice pass wide open. If played properly D can buy time for the back checker to become involved, making it a 3on3 before the OZ.

Part 3 - Capitalize on Opportunity

- Execution as the forwards exit is key as they should have the ability to execute a proper and advantageous zone entry.
- Back checker will backtrack all the way back and join the play making it a 3on3 that Coaches will let play out, blowing it down at their discretion.