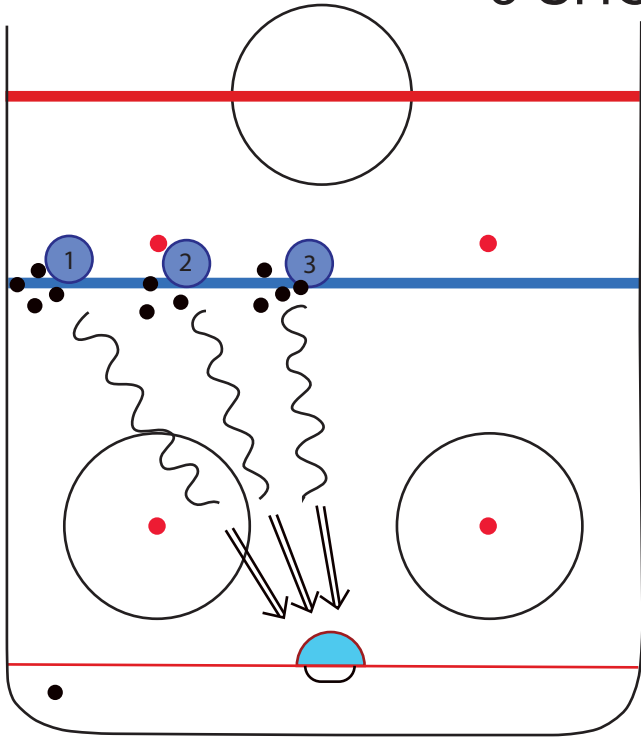
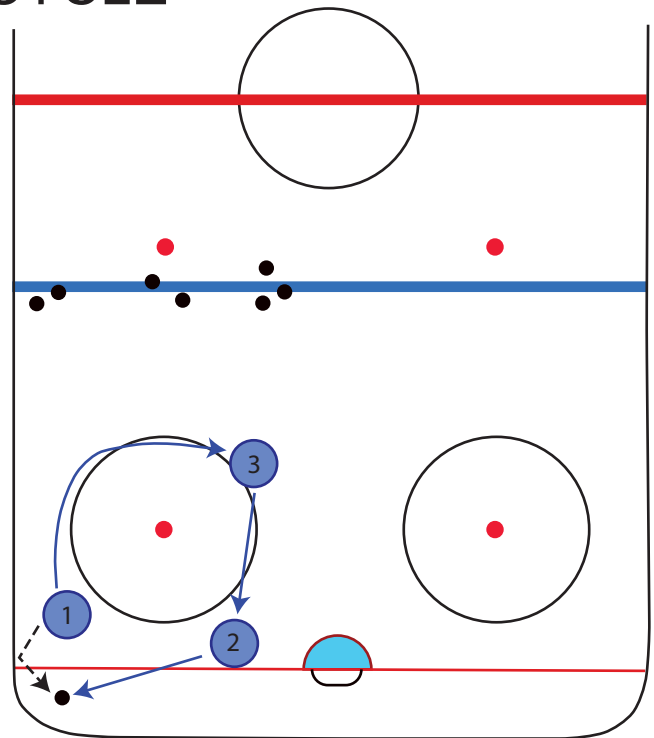


3 SHOT CYCLE

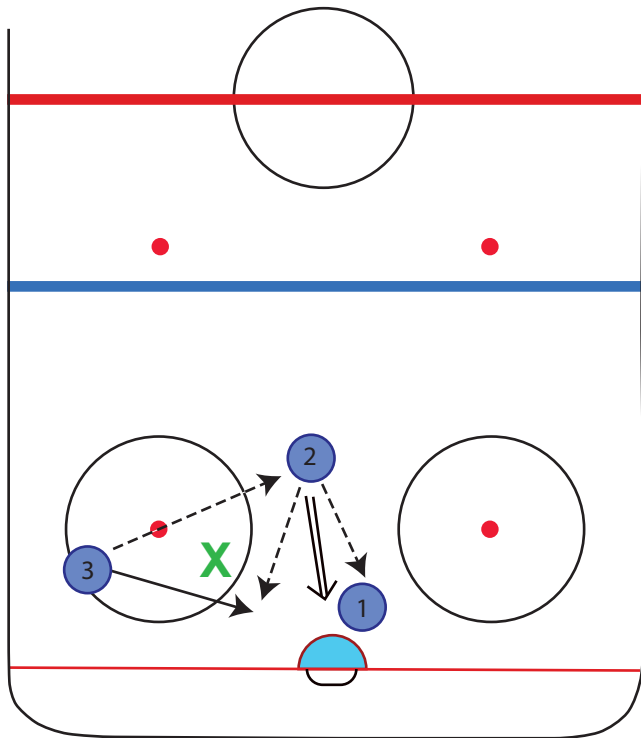


player 1 skates in with puck and shoots from high slot, player 2 follows & shoots then player 3.



first player picks a puck up and skates into the corner, get their head up, and then drop the puck back- banking it against the boards.

This is repeated by all players until they have all touched the puck in the corner.



The first player that went into the corner goes to the net to screen the goalie and the second player to go into the corner plays the high slot.

The last player that comes out of the corner gets her head up and makes a pass to the high slot or to player in front of net then goes to the side of the net for a possible return pass, if uncovered she can skate right to the area of the **X** and shoot!! (or closer depending on the defense)

EMPHASIZE--HEAD UP!!!!
LOOK for OPTIONS!!

OPTIONS (BUTTLLOADS of 'em)

- 1 in front of net reacts to pass from corner- she can: set up screen in front of net, move to back door for pass, move away from net to weak side to draw away a defender so center or other wing can skate in and shoot
- 2 has many options : if she gets the pass from 3 she can shoot immediately, skate closer and shoot, pass back to 3 breaking to goal or pass to 1 in front of net
- 3 can pass to 2 in high slot, can pass to 1 at back door, or can skate out of corner with puck find opening (perhaps at **X**) and shoot