

Centre Ice Free Pass #1 (Quick Strike Triangle)

Phase 1 – Entry & Setup

On the whistle:

- D1 passes to D2
- D2 skates with the ring to the offensive blue line
- F2 starts skating toward the offensive blue line to receive the pass
- D2 passes to F2
- After passing, D2 moves to the right position at the free play line
- D1 skates to the left position at the free play line

Phase 2 – Net Drive & Cycle

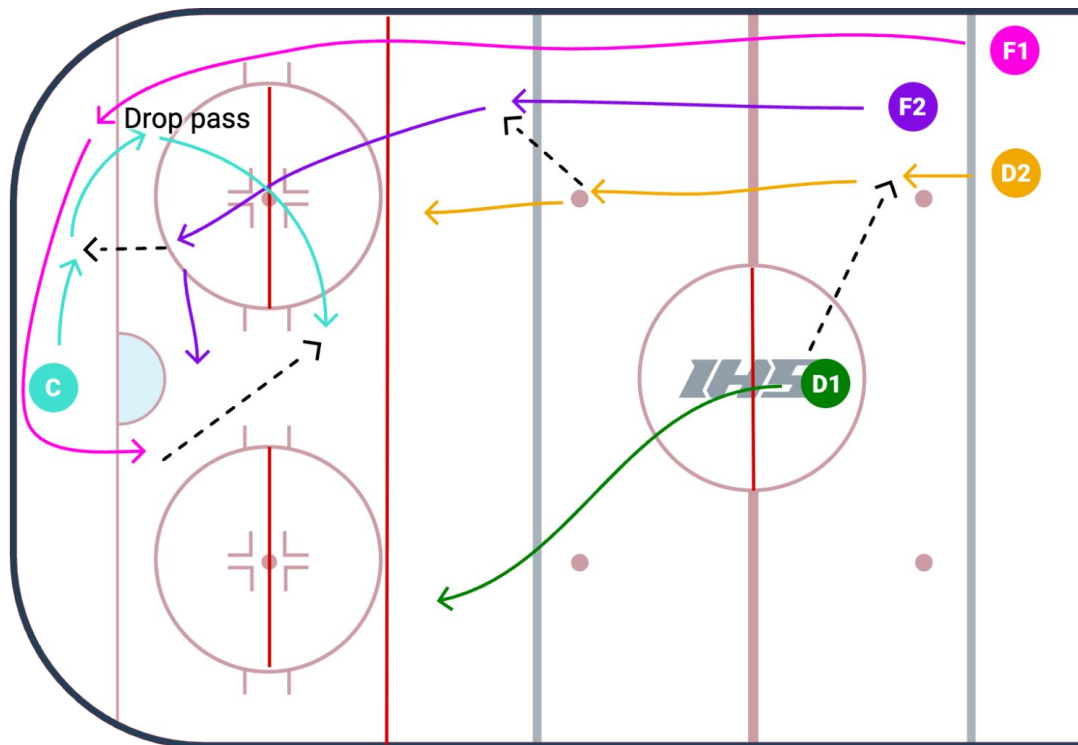
- F1 skates deep into the offensive zone
- Centre skates up from behind the net
- F2 passes the ring to Centre behind the net
- After passing, F2 moves to the front of the net
- Centre skates up the boards and makes a drop pass to F1

Phase 3 – Triangle Completion

- F1 receives the drop pass and skates behind the net
- Centre cycles back to the top of the triangle
- F1 passes to Centre at the top of the triangle

End Position

- Centre has possession at the top of the triangle
- F2 is net-front
- F1 is behind or just exiting from behind the net
- D1 & D2 are set at the free play line



Centre Ice Free Pass #2 (Four Lanes)

Starting Positions

- D1 starts with the ring at the centre ice free pass
- D2 starts slightly back and left of the centre ice free pass
- F1 and F2 start on the defensive side of centre, left side
- Centre starts behind the net

Phase 1 – Activation & Ring Transfer

On the whistle:

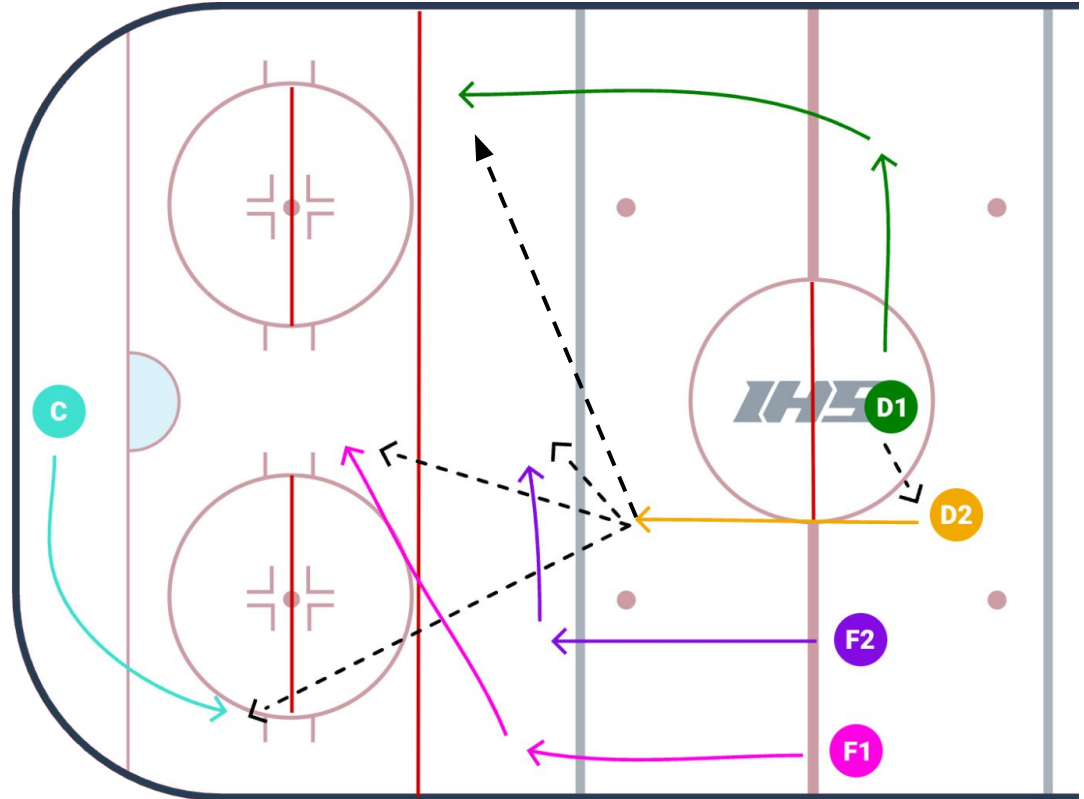
- D1 passes the ring back to D2
- After the pass, D1 skates right and down to the free play line, setting up as a passing option on the right side

Phase 2 – Passing Options Develop

- While D2 receives the ring and begins skating:
- F2 skates forward toward the offensive blue line, then cuts right to present a passing option
- F1 skates forward toward the offensive blue line, then cuts diagonally right and goes wide to create a second forward option
- Centre skates up the left boards from behind the net to become another passing option

Phase 3 – D2 Decision

- D2 scans the ice and chooses the best option based on pressure and timing:
- Passing options for D2 (in no required order):
 - D1 at the right free play line
 - F2 cutting right through the middle
 - F1 going wide on the right side
 - Centre coming up the left boards



Breakout #1 (Power Left)

Starting Positions

- Goalie starts with the ring in the defensive zone
- D1 starts at the left position at the bottom of the defensive triangle
- D2 starts at the right position at the bottom of the defensive triangle
- Centre starts at the top of the defensive triangle
- F1 starts at the left wing at the defensive free play line
- F2 starts at the right wing at the defensive free play line

Phase 1 – Goalie Activation & Switch

When the goalie gains possession:

- D1 skates behind the net
- Goalie makes a short pass to D1 behind the net
- D2 skates down behind the goal line, then accelerates up the left boards
- Centre is the only player not going left — Centre skates right and up the right boards, going deep into the offensive zone

Phase 2 – Left-Side Build

- F2 skates up to the defensive blue line, then cuts quickly across the blue line to the left, presenting as a pass option
- F1 skates toward the left boards, then continues deep into the offensive zone, staying wide and ready for a pass over the offensive blue line

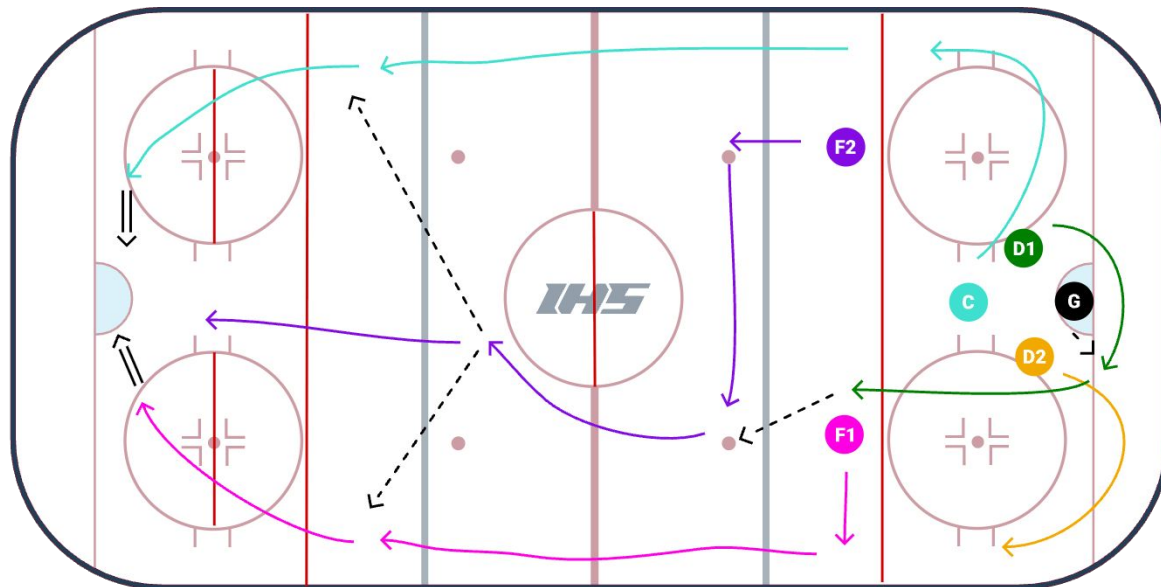
Phase 3 – Breakout Pass & Entry

- D1 skates up toward the defensive blue line
- D1 passes to F2
- F2 carries the ring through the neutral zone

Phase 4 – Two-Option Attack

As F2 enters the offensive zone: 10. F2 reads the defence and chooses an option:

- Pass to F1 on the left going wide
- Pass to Centre on the right, who is entering the offensive zone with speed
- After making the pass, F2 drives hard to the net, ready for a rebound or quick return pass



Offensive Free Pass Play #1 (B-Break)

Starting Positions

- Centre starts with the ring in the left offensive free pass circle
- D1 and D2 are set at the offensive free play line in their standard positions
- F1 starts behind the goal line on the right side
- F2 starts beside Centre at the offensive free pass circle

Phase 1 – Free Pass & Separation

On the whistle:

- Centre passes the ring to F2
- Centre exits the circle at the top, skates around the defence, then continues along the boards and behind the net, preparing for a drop pass

Phase 2 – Wide Motion & Re-Entry

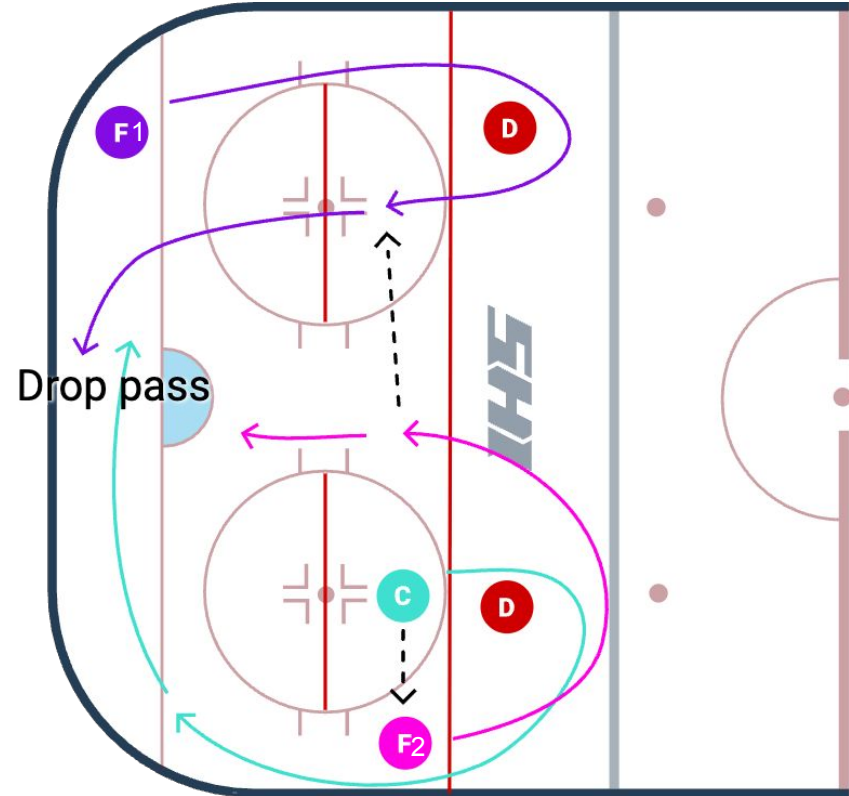
- F1 skates up and out of the zone, looping around the right-side defender, then cuts back into the zone toward the hash marks
- F2 skates up and out of the zone, looping around the left-side defender
- After looping, F2 cuts back into the middle of the ice

Phase 3 – Hash Mark Touch

- F2 passes to F1 at the hash marks
- F1 receives the pass in stride

Phase 4 – Net Cycle Finish

- After receiving the pass, F1 skates behind the net
- Centre, now behind the net, receives a drop pass from F1
- Centre is set up to:
 - Shoot low post
 - Pass to net-front
 - Reset high to the defence



Offensive Free Pass Play #2 (Crossfire)

Starting Positions

- Centre starts with the ring in the right offensive free pass circle
- D1 and D2 are set at the offensive free play line in standard positions
- F2 starts in front of the goalie, providing an initial screen (and prepared to cycle)
- F1 starts beside Centre at the offensive free pass circle

Phase 1 – Free Pass & Net Presence

On the whistle:

- Centre passes the ring to F1
- F2 continues to screen the goalie, maintaining net-front presence and being ready to adjust or cycle as needed

Phase 2 – Draw Coverage & Create Space

- Centre skates up and out of the zone, looping around the right-side defender
- Centre then cuts diagonally back into the offensive zone, heading to the left free pass circle
- F1 skates toward the net, selling a shot to pull defenders down low and delay coverage on Centre

Phase 3 – Shot Setup

- Once Centre is set:
 - F1 passes to Centre at the top of the left free pass circle
- Centre takes a one-timer shot on the backdoor of the goalie

Phase 4 – Net-Front Finish

- F2 stays net-front, ready to:
 - Screen the goalie
 - Deflect the shot
 - Jump on a rebound
- F1 continues net drive or supports the rebound

