

- Then player 1 gets in position to rebound for player 2's shot.
- Immediately after player 1 shoots, player 2 starts backwards passing to next person in line (3), receives puck back, transitions to forwards around middle cone, then drives net to shoot.
- Player 2 then goes to the front to rebound for 3.
- Immediately after the shot, player 3 drives around low cone and either shoots or passes to one of the players in front.
- Goalie should focus on tracking puck through shot and quick game-like recovery back to their post to track the next shot.

Royals Quick Rush Progression Game

<https://acimaging.net/hockey/royals-quick-rush-progression/>

PURPOSE

Move puck quickly to net and capitalize on odd attack opportunities.

HOW TO

- Split team in half. Designate one team as offense and other as defense.
- Put puck in play and attacking team gets 2-3 seconds to gather puck and get a shot.
- Then one player from defending team is released to create a 3v1. They get 5-6 seconds to play (one rebound).
- Then another defender is released for a 3v2. They get 10-15 seconds to play.
- If defending team gets possession, they can try to score.
- Flip offensive team on next puck in.

