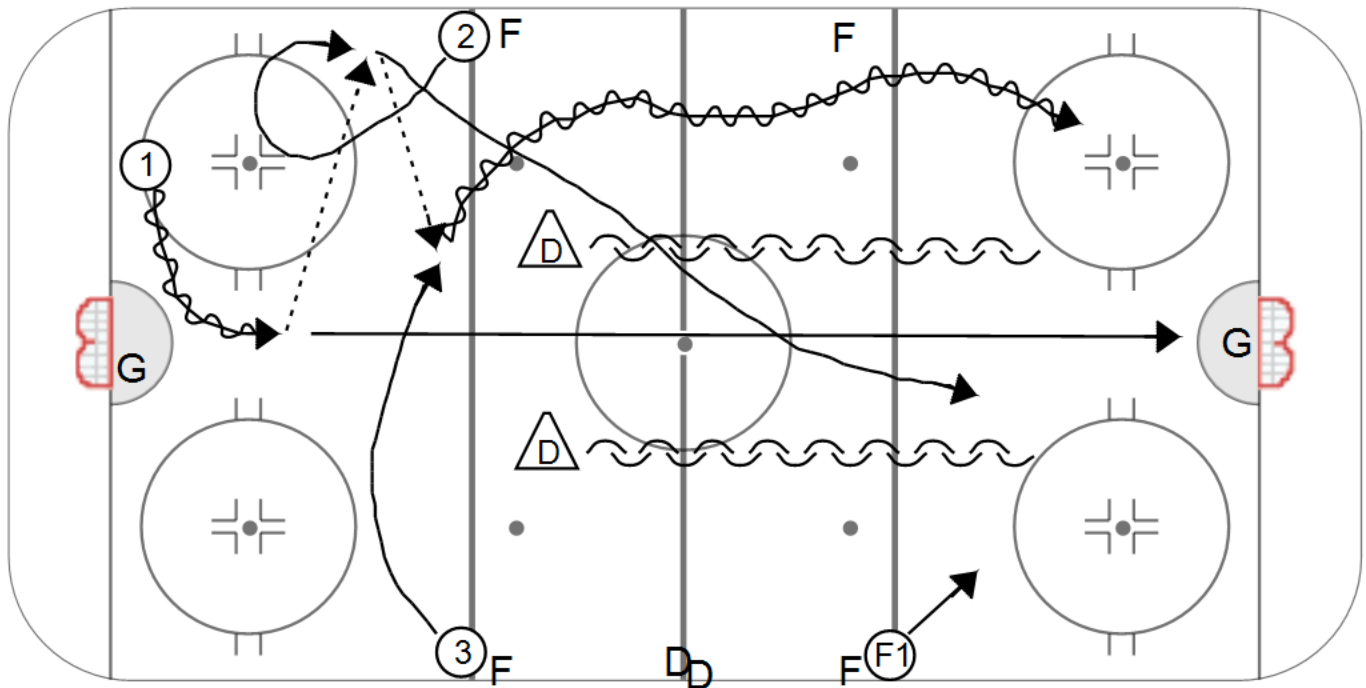


Category #1 : Title : 2v2, 3v2 to 3v3 in zone.Category #2 :

Content elements :

Components:



Key points :

Description

Coach spots forward with puck on one side of net. Show left side, player on whistle skates into middle, on that whistle that side forward 2, jumps in and times to wall. player 1 passes to player 2, player 3 jumps across the blue of the forwards. once 3rd player crosses the blue line attack then we add a side forward to make it 3v3 in zone, coach spots this player and tells which side. play continues if goal maybe add another puck in zone. Double whistle ends drill, Coach spots to defening forward he activated to start attack other direction. from one side of net to skate in middle board guy is same side, and weak guy Forward comes across.