2021-Dec 6-SQPW

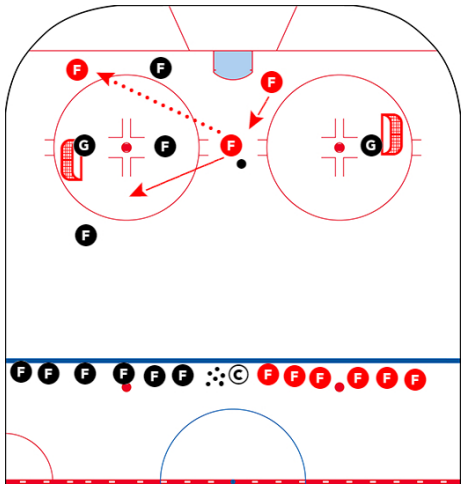
Date: Nov 14 2021 **Time:** 8:15 pm **Duration:** 60 mins

2-0, 1v1 — 10 mins

Skating: BW C-Cuts, In/Out — 10 mins

1v1 Tire Game - Level Up/Down — 10 mins

3v3 3rd Man High — 10 mins

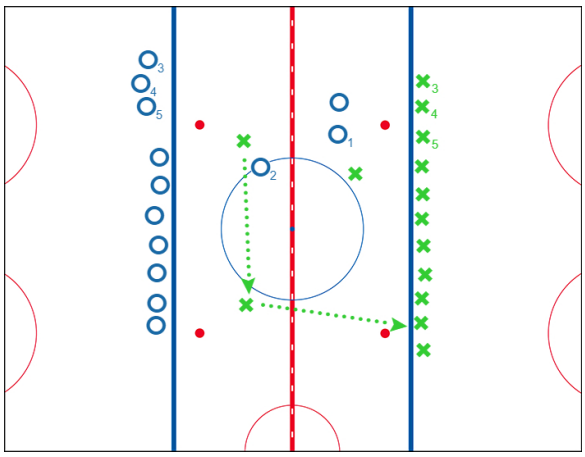


Basic 3v3 cross-ice game where teams must keep their 3rd player above the half way line when on offense. Teams can rotate who that 3rd man is throughout play. Teams attempt to score on opposite end.

Key Points

- Offensive zone / Forecheck concepts
- Width & depth

Swedish 3v3 — 10 mins



Three vs three but the object of the game is keep away and you can use your teammates on the bluelines. Play for 25 seconds, on the whistle, players 3,4,5 jump out.

3v3 3-Second — 10 mins