





Defenders have 3 - Offense has 2  
 For defenders, emphasize TOs by closing quickly, steering, stick-on-puck, & hips thru hands.

- 1st defender - physically engage
- 2nd defender - layer / support
- 3rd defender - seal the net / identify & cover

Offense use deception & cutbacks to create a 2v1.

Scoring: defenders get 1 point for 2 passes & a pass to coach.  
 Offense gets 1 point for shot on goal & 3 points for a goal.  
 Goalie get 1 point for save, 1 point for communicating with teammates, & 2 points if he sets the puck for an easy breakout.

**5v5 Full Ice w/ Whistles & Faceoffs - 20 mins**

Scrimmage as game-like as possible. Change-on-the-fly, penalties called (no PPs), off-sides & icing called, etc.