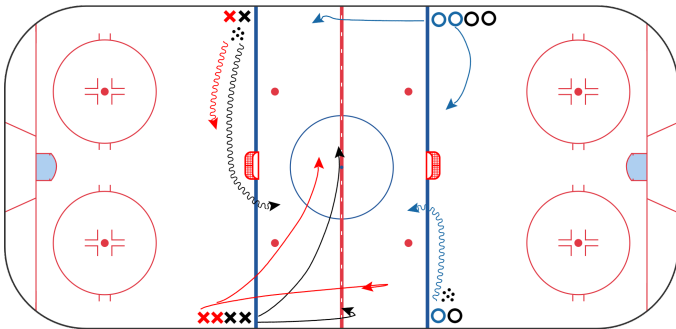


3v3v3

10 mins



Player leaving line with puck must initiate with movement towards the net

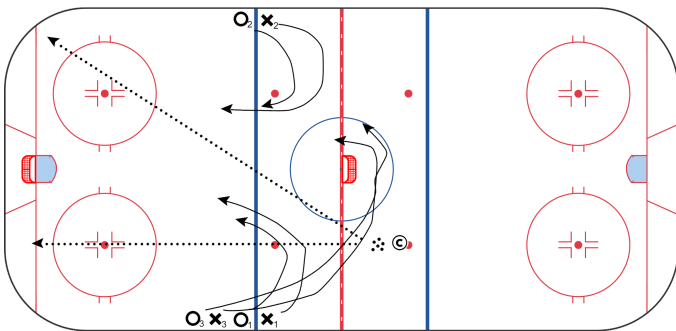
X attack 3v0 with urgency (black)

On whistle O attacks 3v3 vs X who transition to defend (blue)

On Whistle next set of X attack O 3v3 (red)

Pressure Pressure Pressure

10 mins



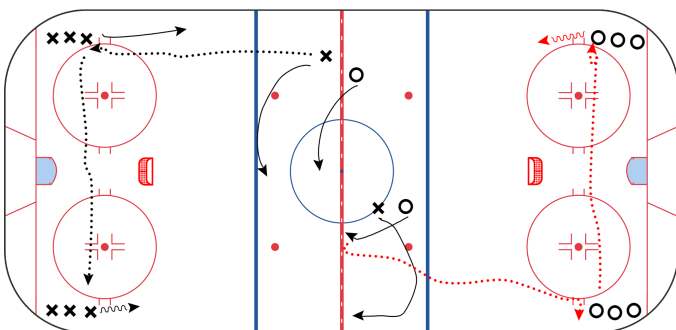
On whistle all six players follow routes shown above

X's are retrieving for breakouts and O's are forechecking

Play 3v3 from there

Paradise 2v2/4v2/4v4

10 mins



Drill starts with 2v2 - team with puck has option to attack or turn puck back to start 4v2....on change of possession, puck gets played to line to kick start 4v2

4v2 must start with a D-to-D pass behind the net....on change of possession (or missed shot etc), start 4v4 with a D-to-D pass at opposite end