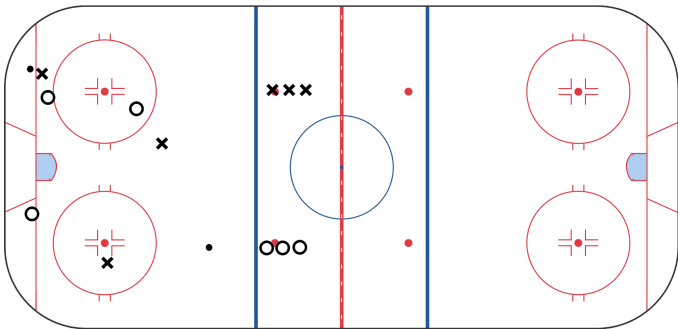


Shooter

10 mins



3 vs 3/4 vs 4 in zone

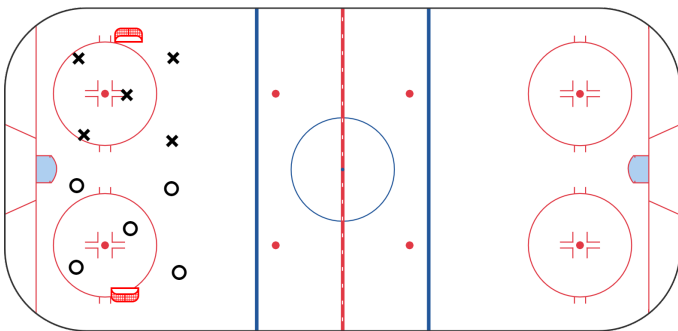
Each team must have 1 player stay in the offensive circle at all times

If that player leaves the circle he must be replaced

Shots on net can only come from offensive circle

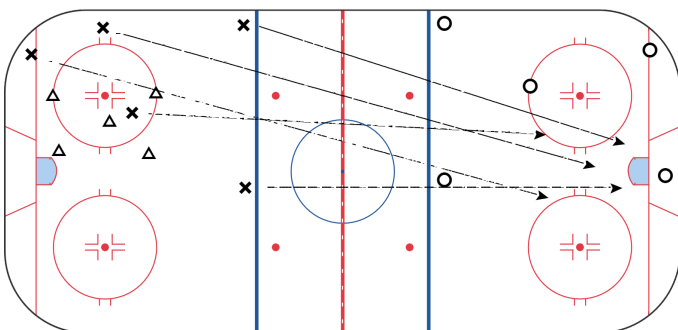
5v5 In Zone

10 mins



Offense Defense Off

10 mins



X plays on offense

On whistle retreat to defend against O

Situational 3 Puck from FO

0 mins