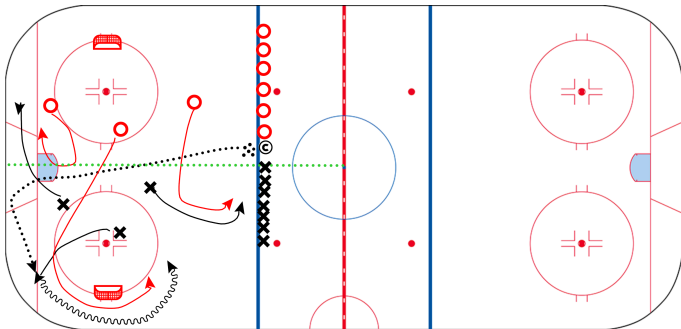


Net Exit and Chase 3v3

0 mins



SETUP:

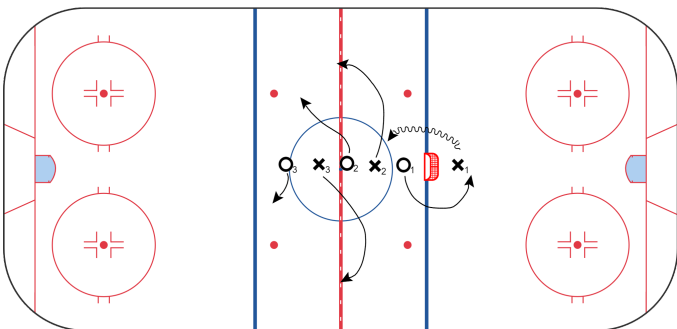
1. Coach at blue line with pucks
2. two teams lined up across the blue line

ACTION:

1. Coach dumps puck in to initiate 3v3 in one zone
2. If the puck is recovered by defensive team in their DZ (ie on their side of imaginary line dividing the zone in two - see green line in diagram)
 - (a) they must retreat with the puck behind their own net before they can attack the OZ net
 - (b) opposition must send a FC chase around behind the net

Yale 3v3

0 mins



Play starts and ends on Coaches Whistle

X1/O3 preferably are D

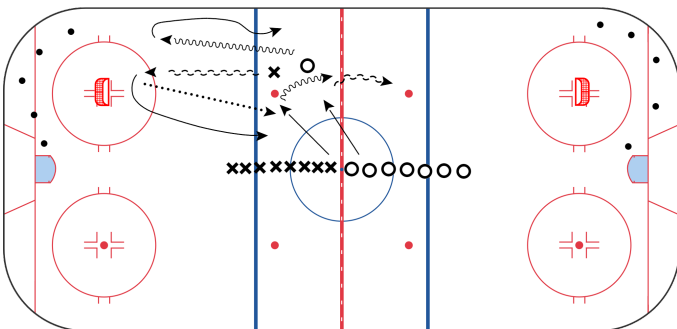
On whistle O1 chases X1 out from behind the net

X2/X3 react to support the puck carrier while O2/O3 react in to defensive positioning

Play out 3v3

Davos 3v3

0 mins



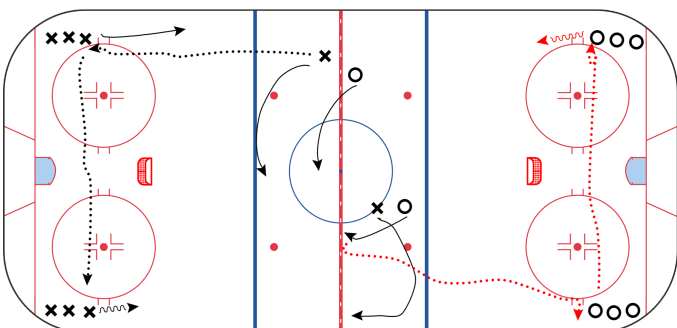
O and X battle for first puck and attack one end

Once puck enters an Offensive end, the next X and O jump in to NZ and move into position for outlet pass

Build this up from 1v1 to 2v2 to 3v3 and then start 1v1 again

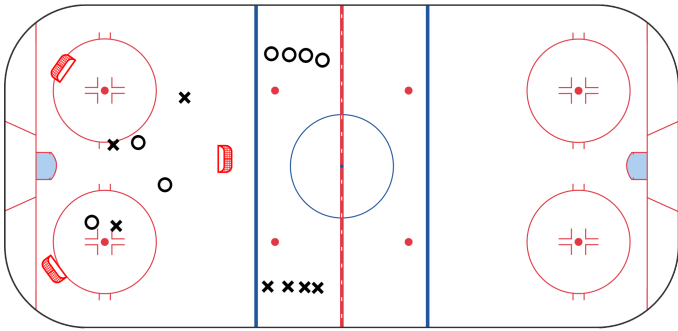
Paradise 2v2/4v2/4v4

0 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



3 v3 in zone with 3 nets

Players can score on any net at any time