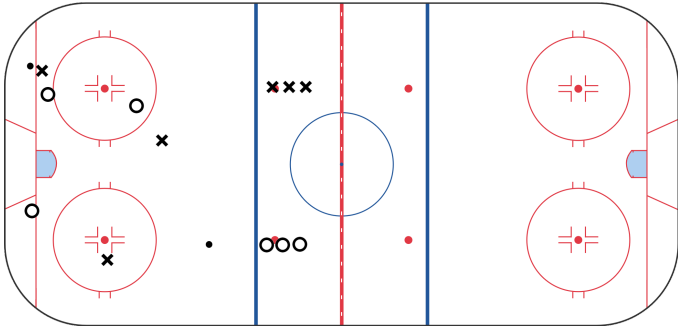


## Shooter

0 mins



3 vs 3/4 vs 4 in zone

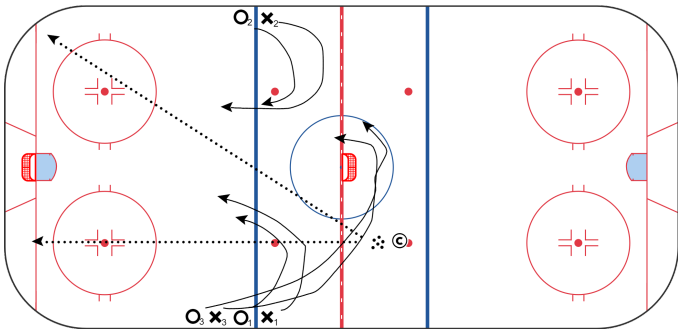
Each team must have 1 player stay in the offensive circle at all times

If that player leaves the circle he must be replaced

Shots on net can only come from offensive circle

## Pressure Pressure Pressure

0 mins



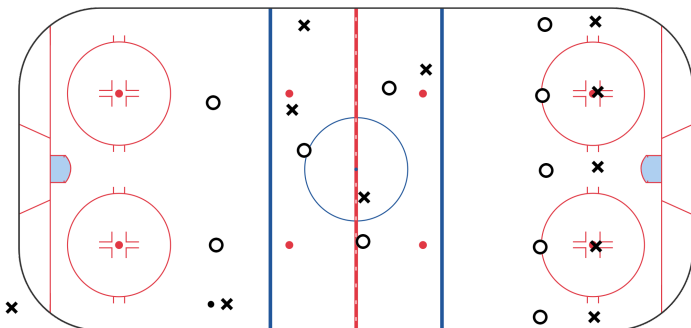
On whistle all six players follow routes shown above

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

Play 3v3 from there

## Continuous 5v5

0 mins



X's attack O's 5v5

When O transition puck they can outlet to next line of O at far end

New line of O now attack X who transition to defend