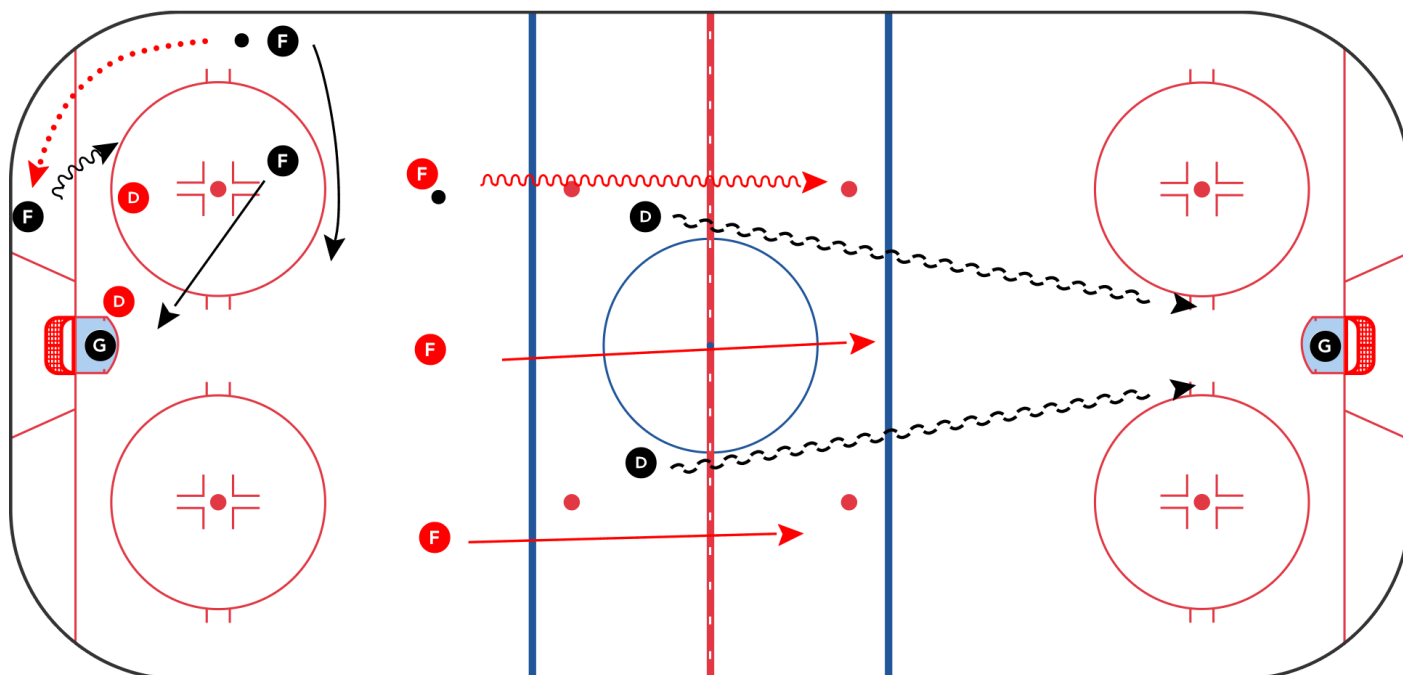


Example

Duration: 10 mins

3 vs 2 low / 5 vs 5 Full Ice

10 mins



Description

- Drill Starts 3 vs 2 low in the corner attacking the 2 **D**
- On whistle **F** s leave 3 vs 2 against the 2 **D** with the original **D** joining the rush and the 3 **F** tracking into the Dzone coverage
- Play it out 5 vs 5

Key Points

- One end at a time
- Quick puck movement
- **F** s keep speed