



Above the Net - Coach Barry

Above the Net is a cross-ice, single-zone game using east–west nets with goalies. Each side has three players. Only two players may forecheck or attack the puck, while the third must stay above the net on their side, acting as a defensive safety or F3. After a goal, the scoring team must exit the zone and defend their own net before re-entering to attack. This task develops F3 habits, scanning, net awareness, transition speed, goalie tracking, spacing, communication, role clarity, and decision making through continuous, game-like play. Players are rewarded for awareness, timing, and support!

Video walkthrough: <https://youtu.be/Uo3yJnI7svc>