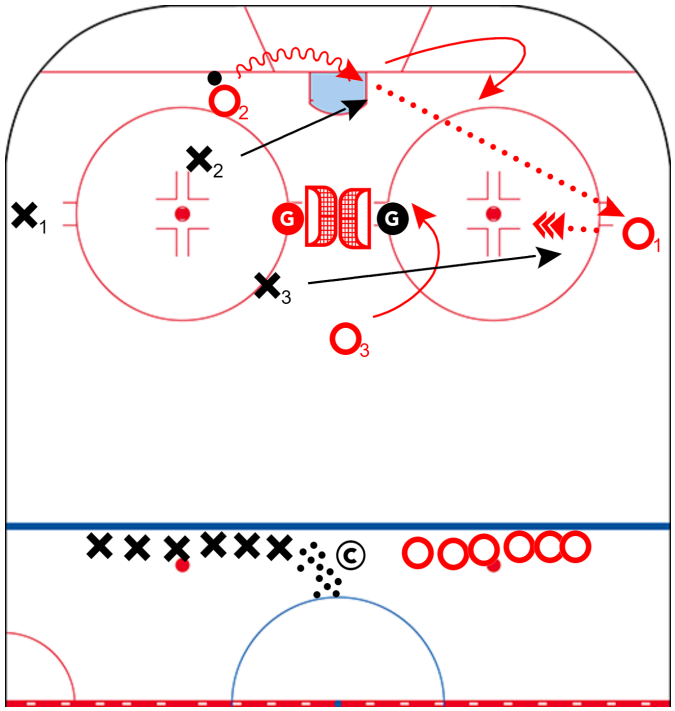
Team Ontario



Description

Play 3v3 in the zone. One player (X1/O1) is anchored to the wall but they may slide along the wall like a D along the blue line. The other players may skate whereever they wish in the zone. The goal is to get the puck and pass it to your anchor player on the wall. Make sure one attacked goes to net to create a screen and good front net presence (FNP) and one player skates to open ice to be available for a pass from X1/O1. You can only score off a one-timer, tip, screen, or rebound play. Play 30s shifts and change on the whistle.

Key Points

- Quality Passing
- Coimmunication
- Support - find new ice
- Shooting - one-timers
- FNP - be a 'leaky' goalie and take away the goalie's eyes.
- Rebound