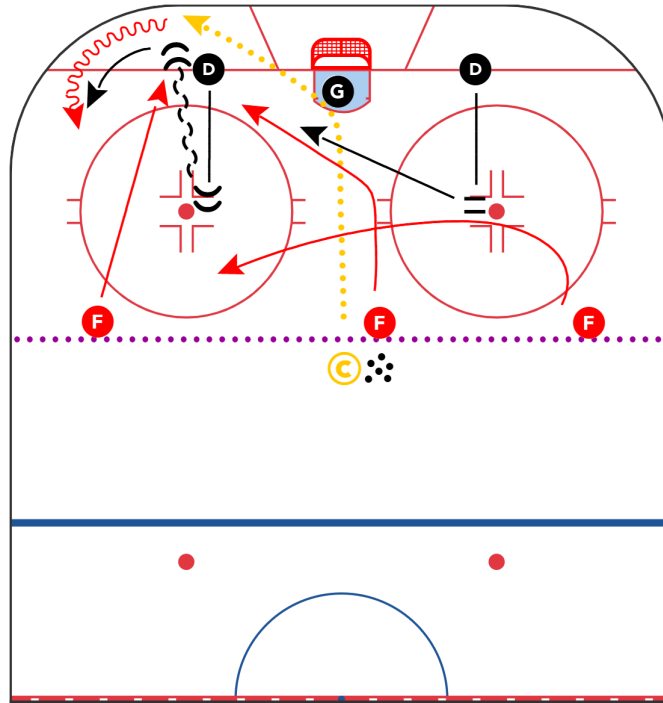




# 3vs2 Rebound game



## Description

### Organization

- 3 offensive players line up at the top of the circles.
- 2 defenders start on the goal line.
- Coach is positioned at the top of the slot with pucks.
- On the whistle, both defenders skate out to the faceoff dot / hashmark area.
- As they move out, the coach shoots on net, creating a rebound directed to the outside area.
- Once the rebound is created, play becomes live **3 vs 2**.
- Work shifts last **30 seconds** at high intensity.

### Description

At the whistle, defenders must skate out quickly from the goal line to create movement and separation before reacting back into the play.

As they move, the coach shoots on goal to generate a rebound to the outside lane.

The three offensive players immediately attack the loose puck, racing to recover possession as quickly as possible.

Once possession is gained, the offensive team works together in a live **3 vs 2 situation**, using quick puck movement, support angles, and pressure to create a scoring chance.

The defenders must recover, protect the middle, and attempt to regain possession before exiting the zone under control.

This game creates a highly competitive environment focused on rebound reactions, puck races, offensive pressure, and defensive recovery habits.

To increase competitiveness:

- Goal scored = **1 point for attackers**
- No goal / controlled breakout = **1 point for defenders**

### Key Points

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- Track the puck off the shot and rebound
- Read and react quickly to puck location
- Win races to loose pucks
- Offensive pressure with quick support

- Defenders protect middle ice first
- Defensive recovery and controlled exits
- High compete level for full 30-second shifts
- Quick decisions under pressure