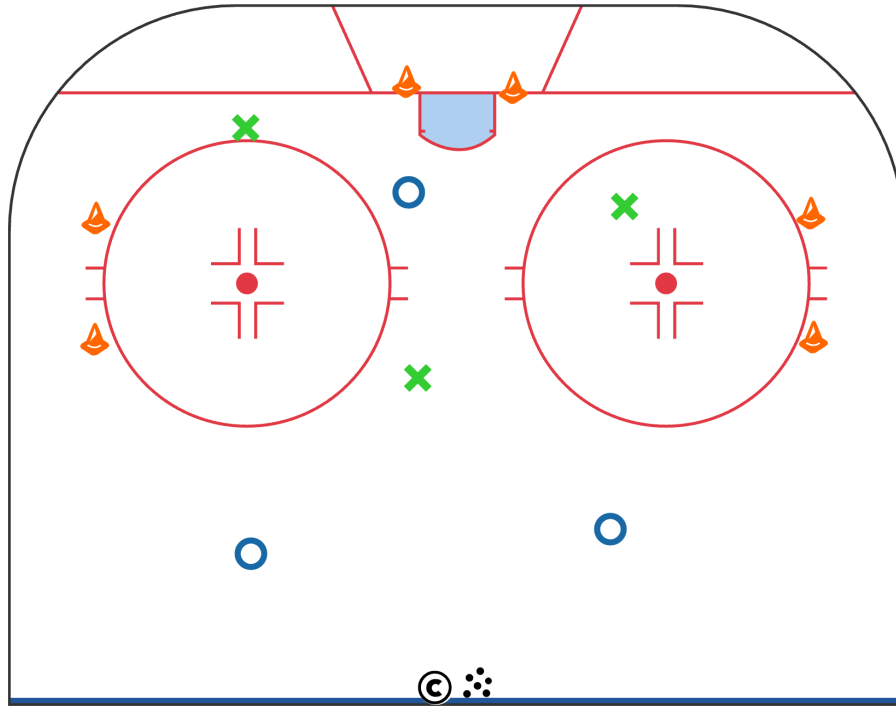




Gates



Description

Set up 3 sets of cones in zone

Game is played 3v3 can score through any set of cones

Change groups every 20-25 seconds

1 point for skating puck through cones

2 points for passing puck through cones, pass MUST be caught cleanly with possession and control

Any puck that leaves the zone coach will spot new puck

Key Points

Good puck support

Communication both offensive and defensive communication is paramount

Taking good angles with good sticks