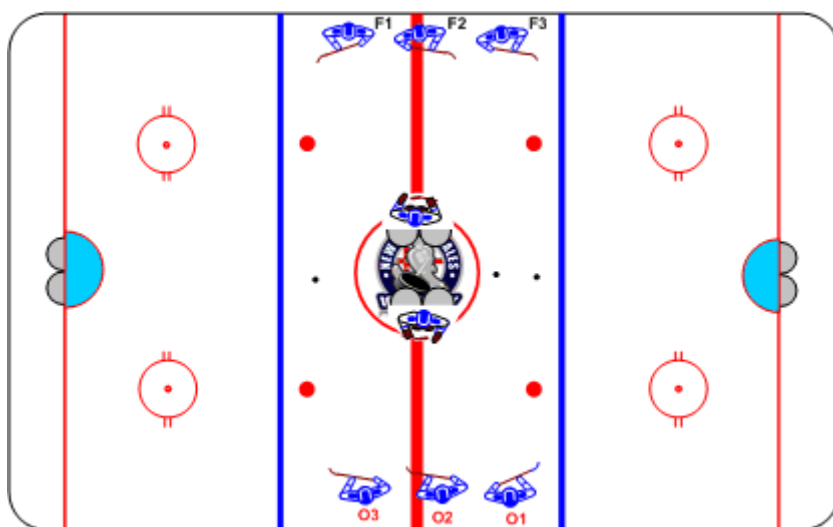




Puck: 3-on-3

Duration: 8 mins

- Place nets back-to-back at centre ice
- Set 3 pucks across neutral zone
- F1, F2, F3 vs O1, O2, O3 on whistle
- F1, F2, and F3 score on **oppositions'** net, etc.
- Play until all pucks are scored



Execution Tips

- Players to contact boards to start drill