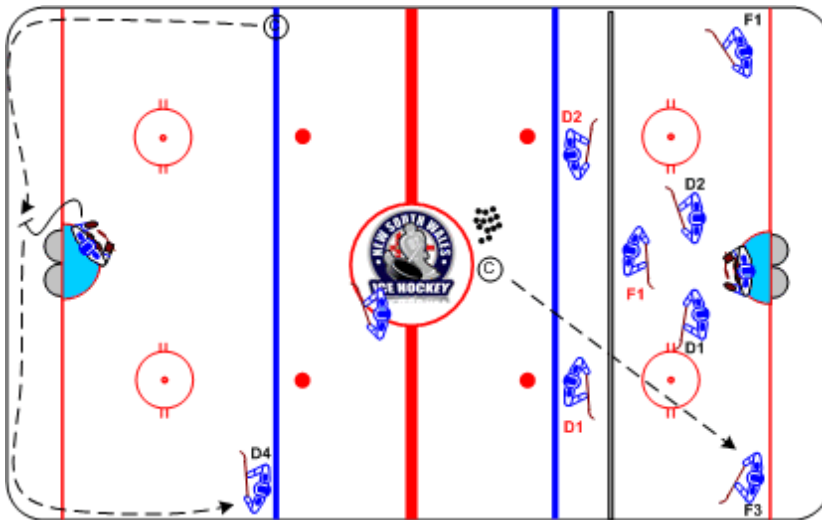




3-on-3 Down Low

Duration: 7 mins

- O1, D1 and D2 on one knee to start
- © passes to F1, F2 or F3, play vs F1, D1, D2
- D1 and D2 to keep puck in zone and throw it back into corners
- F1, F2 and F3 to keep puck below ringette line



Coaching Tips

- Offence: cycle, picks, screens
- Defence: hit and pin, head on a swivel
- Puck out high and hard
- Forwards must be low checkers

Execution Tips

- © to throw in pucks if goal is scored or puck is cleared
- 2nd © to practice rims with other Goalie, Goalie to stop rims and pass to F4 to continue drill