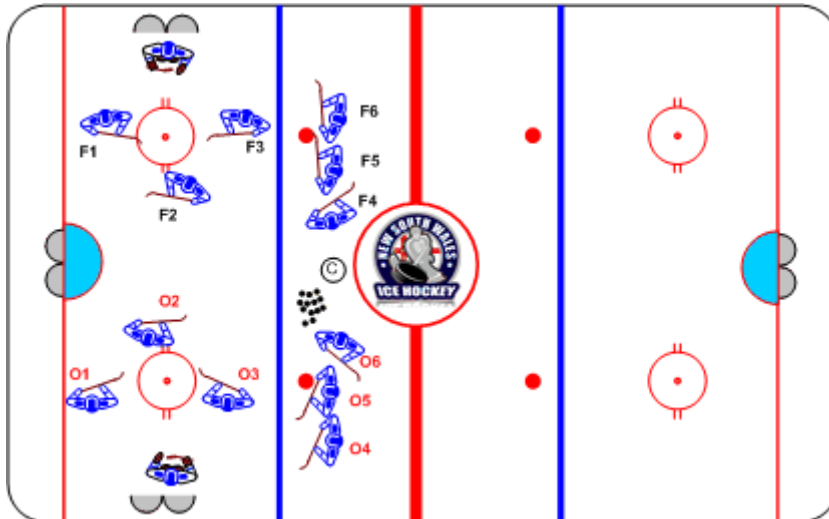




3-on-3 Cross Ice Game

Duration: 7 mins

- F1, F2 and F3 vs O1, O2 and O3 for 30 seconds
- On the whistle F4, F5 and F6 vs O4, O5 and O6



Coaching Tips

- Competition
- Fun

Execution Tips

- Whistle for a change every 30 seconds
- Players on the blue line keep the pucks in the zone