

## D100 - Russian Scrimmage - 1-1 to 5-5 College

### Key Points:

Players must recognize the game situation they are in and play accordingly. Everyone plays both forward and defense and they must FIO – Figure It Out.

### Description:

1. Players line up against the boards along the boards on either side of the red line, Blue and Red.
2. Coach either yells out a number or blows a number of whistles and that many players play.
3. Shifts 30-40”.
4. Touch up at the red line if you score.
5. If scored on get the puck out of the net and attack.
6. Keep score.

\*Play hard – ‘Enjoy the Game’, Let the ‘Game be the Great Coach’, Have Fun.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20181102200948256>

<https://youtu.be/z5vxH8Z-iV8>

