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

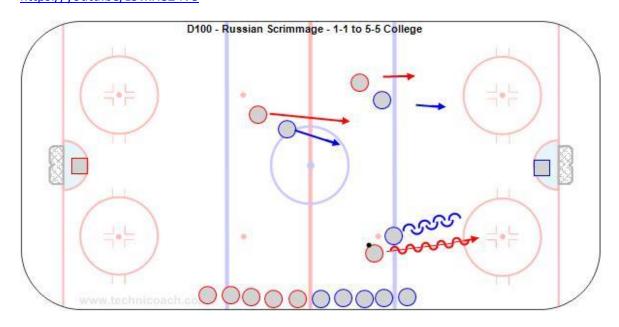
Key Points:

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.

http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20181102200948256 https://youtu.be/z5vxH8Z-iV8



^{*}Play hard – 'Enjoy the Game', Let the 'Game be the Great Coach', Have Fun.