

D200, 3 on 3 Game – Pro

Key Points:

This is a small area game and good habits like facing the play with and without the puck are crucial. Everyone should cover one player on defense and give close support on offense.

Description:

1. Play a cross ice game of 1-1 to 5-5.
2. Extra players line up along the blue line.
3. Shifts 20-30" and pass to teammate coming on on the whistle.
4. Coach put in a new puck on a goal.
5. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130820140536720>

<https://youtu.be/Gcr43Q6HYHs>

