

Title : 3 Puck Break Away Game

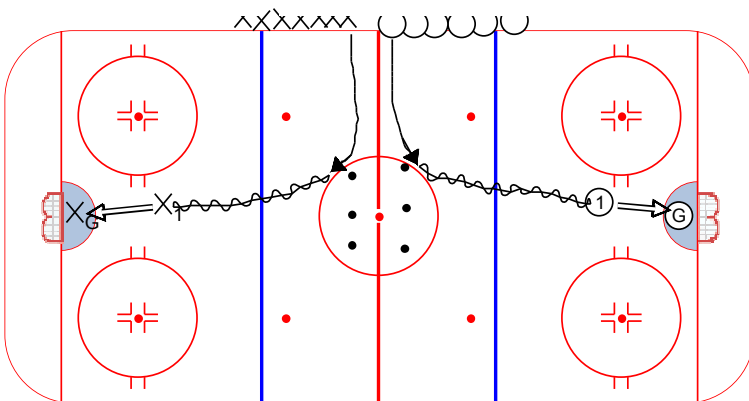
Content elements: Break Away Scoring

Components : Conditioning

Description

3 Puck Break Away Game:

- Players are on benches
- Coach puts 3 pucks each side of center circle
- After shooting:
 - Scorer heads to bench, change on fly
 - Non-scorer MUST return puck to center circle
 - Once puck is in circle next player can leave
- First team to score 3 goals wins



Key Points :

Change on Fly

Return Puck on Miss