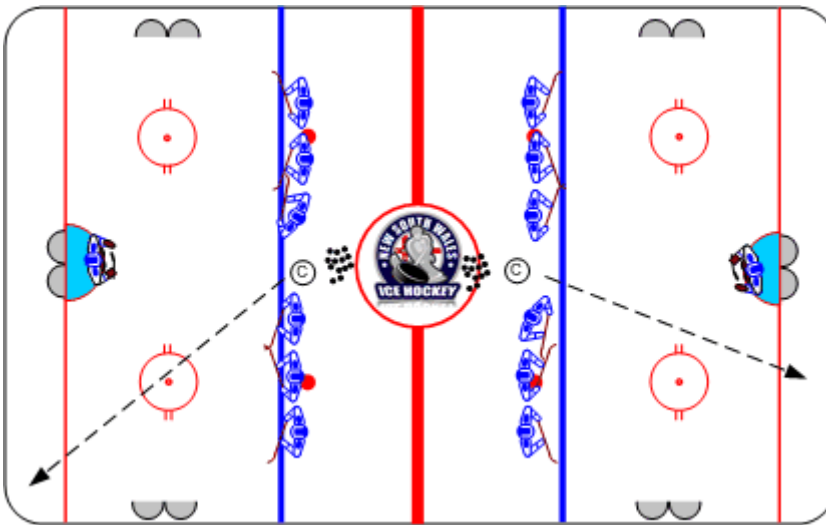




Zone Games

Duration: 7 mins

- © spots a puck and calls 2, 3 and 4 players
- Players from each team enter for 45 second game
- © whistles to clear zone; next group is ready to go



Coaching Tips

- Support
- Communication
- Aggressive attack

Execution Tips

- Have extra players waiting at the blue line on one knee
- © encourages high tempo, quick puck movement and support options