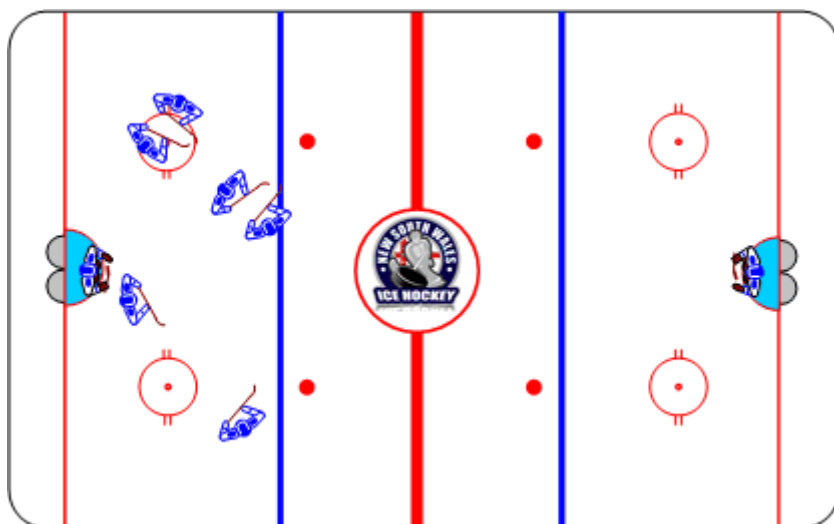




Russian Whistle Scrimmage

Duration: 6 mins

- © blows the whistle to indicate 'change on the fly'. The number of whistles equals the number of players that come on to the ice
- No offside/icing
- No set positions
- Everyone off before players on for the next shift



Coaching Tips

- Support - play off the puck (offensive and defensive)
- Communication

Execution Tips

- Quick shifts (30-40 seconds)
- Primarily 3-on-3 or 4-on-4