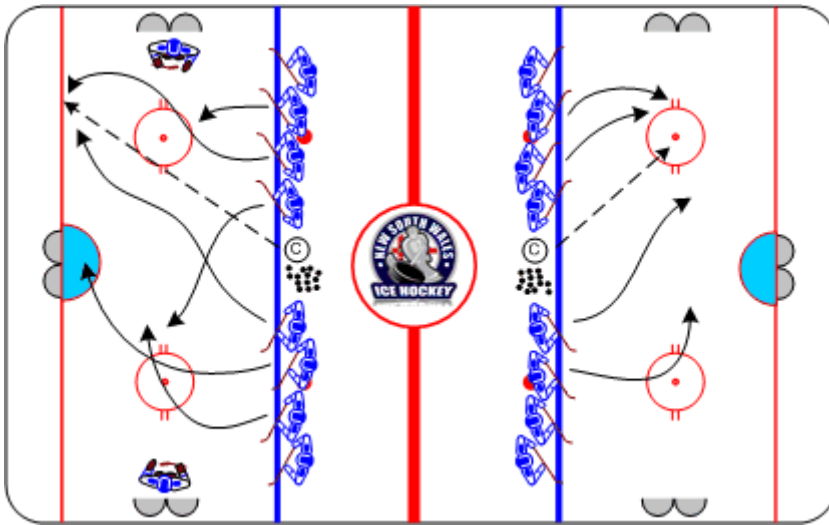




Odd Man Cross-Ice Scrimmage

Duration: 10 mins

- Using fingers only, © indicates 2, 3 or 4 players for next shift
- © indicates 2, 3 or 4 players to opposition
- Players must react to being even, shorthanded or having an offensive advantage



Coaching Tips

- Read and react skills
- Quick offensive support
- Quick puck movement and shooting

Execution Tips

- Change shifts on the whistle - every 40 seconds