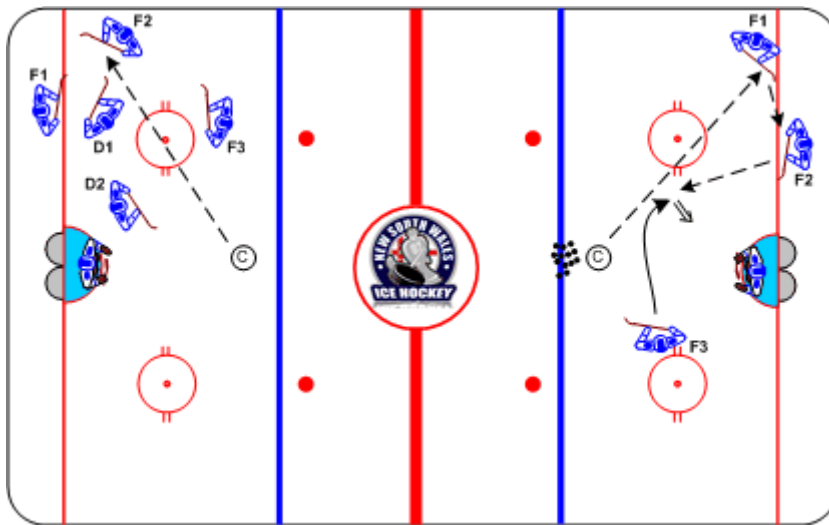




Low 3-on-2

Duration: 7 mins

- © spots puck to offensive group for 3-on-2 in offensive zone
- © spots next puck as Defense clear puck or goal is scored
- 20 second repetitions



Coaching Tips

- Offensive support
- Picks, screens utilised
- F3 supports with depth

Execution Tips

- Offensive group ready to shoot
- Maintain game-like tempo and competition with short repetitions