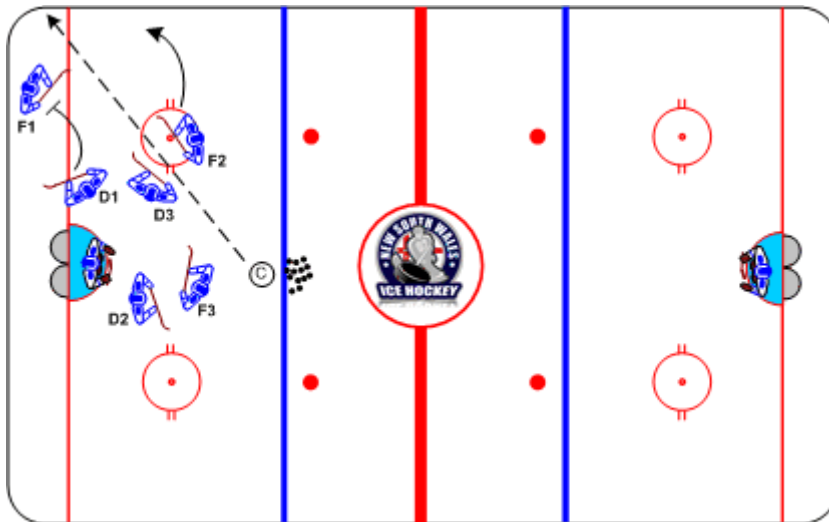




3-on-3 Low Drill

Duration: 8 mins

- © spots puck to Forwards for 30 seconds
- If Defense gain possession; © whistles and spots a new puck



Coaching Tips

- On-puck: 1-on-1 technique (hits, pins, recover defensive side)
- Off-puck: support
- Head on swivel, awareness - switches

Execution Tips

- 30 second repetitions on whistle
- Option: Entire team at same end