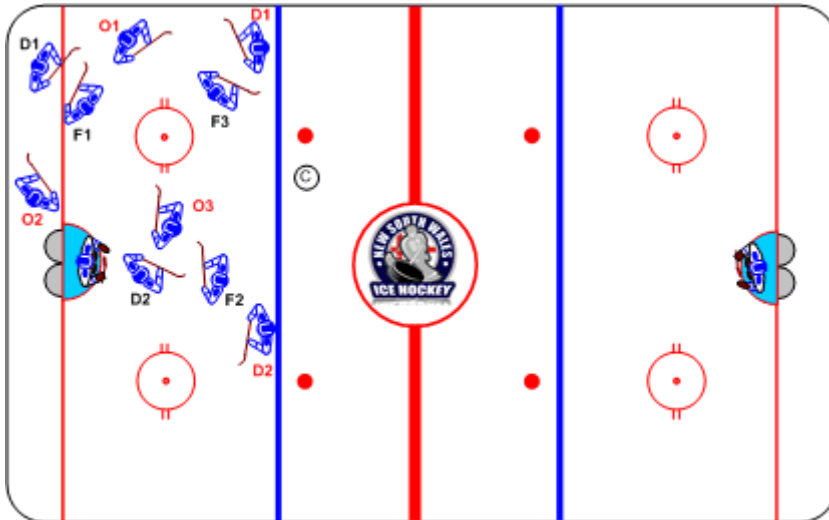




5-on-5 "D" Zone Challenge

Duration: 8 mins

- © spots puck to offensive team to begin scrimmage
- Switch roles when defensive team carries 3rd puck over blue line



Coaching Tips

- 1-on-1 on-puck, © watches for technique
- 1-on-1 off-puck, © watches for support
- Transition to breakout from defensive zone coverage