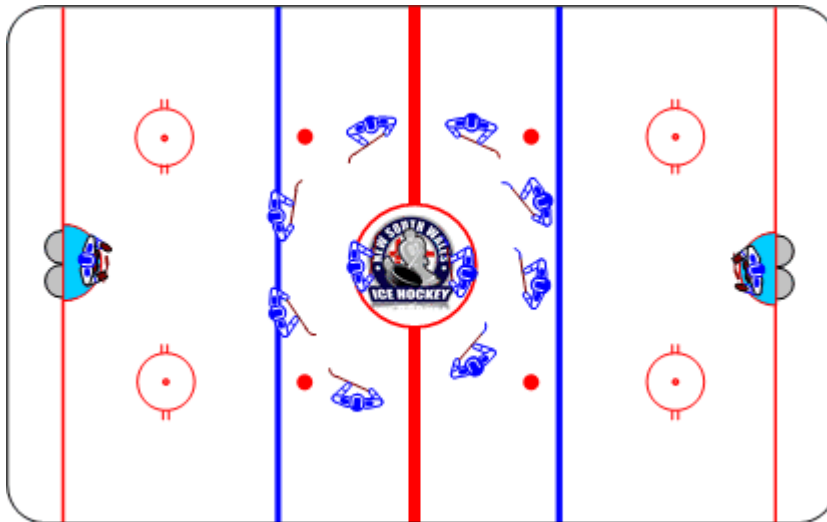




5-on-5 Scrimmage

Duration: 7 mins

- Full ice scrimmage
- All zone entries must be shoot-ins



Coaching Tips

- Angle
- Pressure puck
- Fight through screens

Execution Tips

- © controls scrimmage
- 40 second shifts