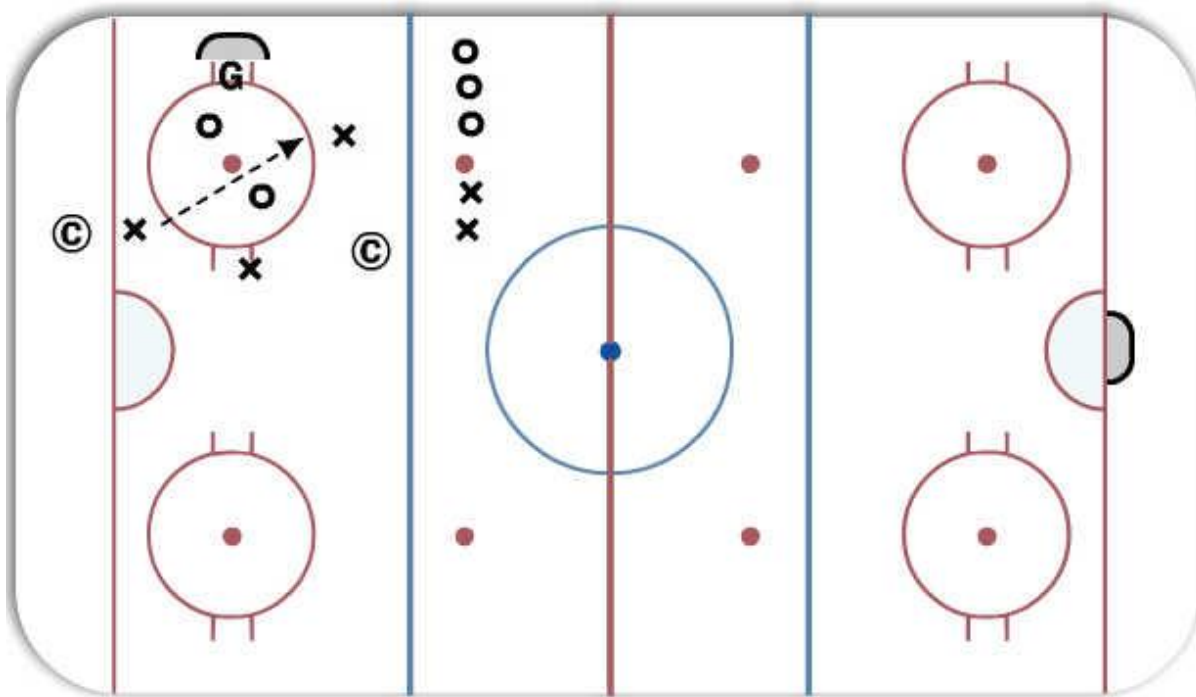


3 on 2 inside outside circle



Description

3 forwards have to stay out of the circle, 2 defense must stay inside the circle. You may want to start the drill with just one inside the circle.

Key Points: sharp passes,, defensive coverage,, always facing the puck.,

Notes

Player role 1 2 3 4