

DT400 - 3 on 3 Attack-Defend-Breakout-Rest – U18 W

Key Points:

Create offense by cycling, crossing etc. and play man to man defense. To add more intensity play a timed game and keep score or play to a certain amount of goals. i.e. first team to 3 wins.

Description:

3 players attack and 3 defend (it could be any number or odd man situations)

The attacking team tries to score and the defending team must get it over the blue line in complete possession or the attack continues.

If the puck is dumped out it is a loose puck and the offense can regain it or defense make the pass. Offsides are called and the other team gets the puck. Defenders stay inside the blue line when the transition pass is made.

The players on the defending team wait for the puck in the neutral .zone. If there is one game going on wait behind the red line. If two games or a half ice practice then wait within a stick length of the red line.

Rule modifications can be added in order to create situations. i.e. dump and chase, only forehand passes, only one timers etc.

Have tournaments during practice. The 2-2 example needs 16 players for 4 teams of 4. Rotate extras in. Great way to create competition and maybe decide who dresses for the next game if you have extras.

This is a great transition game to practice cycling, low zone coverage and use all of the individual offensive and defensive skills of hockey.

DT400 – Perry Pearn 3-3 U18 F

<https://youtu.be/bSbwtYECAew>

