

T2-4 - D100 - 3 Team PP-PK Scrimmage - U18F

Key Points:

Create team play situations where the offense moves through all 3 zones vs passive or active defensive pressure.

Description:

1. Group one attack vs Group two.
2. Group three wait at the other end or skate saving ice in the neutral zone.
3. Shoot the puck down on a clear - goal - frozen puck.
4. Group three now attack vs Group one while Group two saves in neutral zone.
5. Defending team leaves one player in Nzone to kill 4-5 or two if 2 short. Join next attack.

**The coach may want to use this as a controlled scrimmage situation and stop the play etc.*

**Rotate the players killing the penalties.*

https://youtu.be/LqjT_OWiuI

