

D400 - Middle Drive 3-3 - 12 Seconds to Score

Key Points:

Create intensity by only giving 10" for the offense to score. Attacking team uses the middle drive.

Description:

1. Start from the red line and attack 3 on 3.
2. Offensive team use the middle drive.
3. Attackers get 10 seconds to score.
4. Coach blow whistle if it takes too long.
5. On transition or whistle pass to the players at the blue line.
6. Team who was on offense now skate to the blue line and defend.

I used this drill and game with NCAA players in the summer. I will get a video of the drill and game when I have my team this year. Putting a scoring time limit on drills or game situations creates an urgency. Have lines compete against each other.

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<https://youtu.be/gT4T-rUfB7g>

