

## D200 - 3-3 Nets at Dots - U20 M

### Key Points:

Use offensive skills and team work to score while defenders use 1-1 skills to defend the puck carrier and other attackers.

### Description:

1. Nets are at the dots in one end.
2. Extra players wait at the blue line.
3. Play 3-3 in shifts of 30'.
4. Leave pus, whtn coach blows whistle.
5. On whistle 6 new players race for loose puck and play.
6. Keep score.
7. Modified rules such as goals on give and goes only can be added.

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<https://youtu.be/mK8Q0I8-7SM>

