

DT400 - Two Net 3-3 - Pass Across to Transition - C U18 F

Key Points:

Play 3-3 in each side of the zone. One team has a player at the point on each side. Transition by defenders passing the puck across to a teammate on the other side. team with point player is on offense.

Play either 60" shifts or keep the game going and players change on their own.

Description:

1. Offensive team has one at point and two low.
2. Three defenders cover the two low attackers.
3. Attackers can give and go with teammates across ice.
4. Play one minute shifts or players rotate in on their own.
4. Pass to point before you can score.
5. Defenders transition by passing to teammates on other half.

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<https://youtu.be/SeUabpsxCVs>

