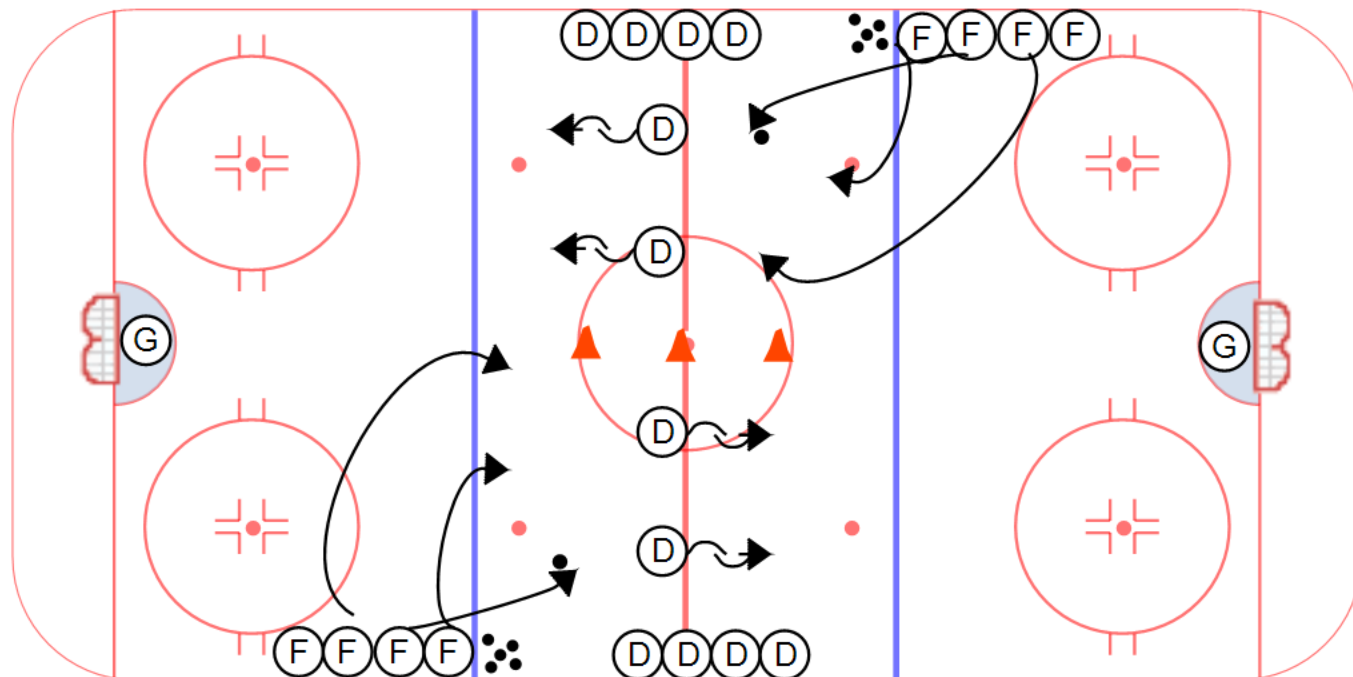


Category #1 : COACHES MANUAL

Title : QUICK 3 ON 2

Category #2 : 3 ON 2

Content elements : _____ Components: _____



Key points :

Description

- Very simple drill where forwards line up on opposite bluelines while defenseman line up on the redline.
- Two defenseman step out onto the redline on either side and three forwards attack opposite goal on their side of the ice until they pass the redline.
- Drill is a rush drill and is dead as soon as whistle one is blown. Whistle two initiates the drill again.