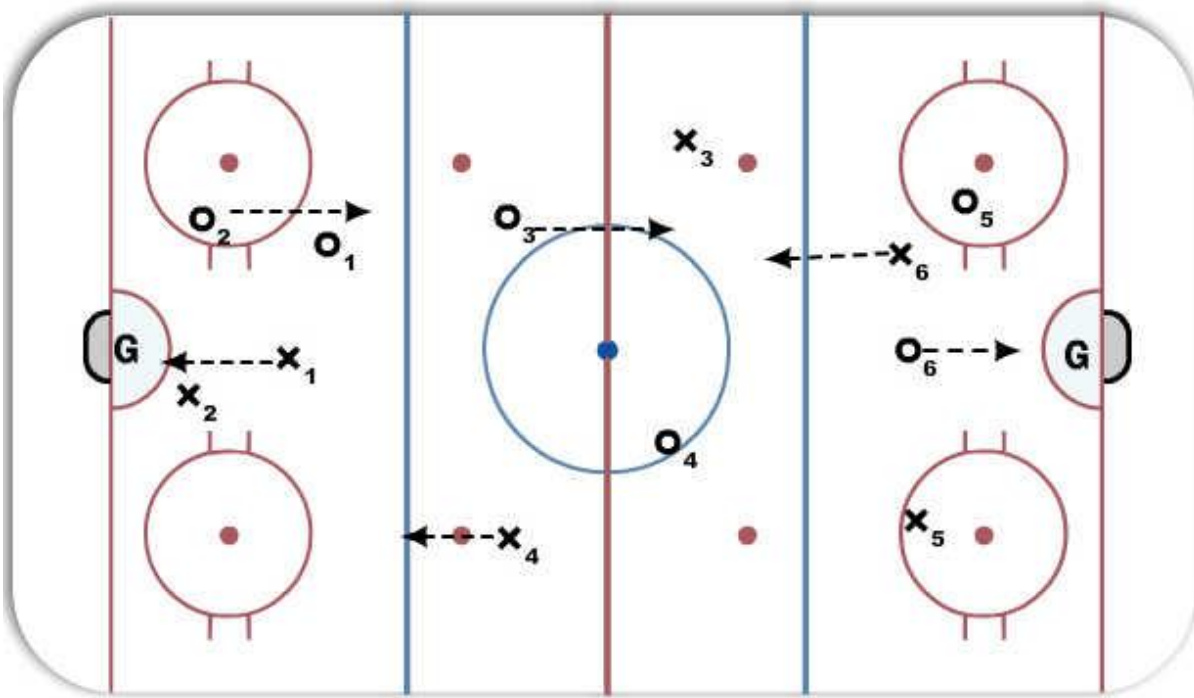


### 3 Zone scrimmage



#### Description

Two teams, divided into 3 groups, one for each zone.

Each group must remain in their zone.

The puck is advanced from each zone by passing to a teammate in the adjacent zone. A turnover and the puck goes the opposite way.

Have players rotate zones after goals.

**Key Points:** Headmaning the puck