

DT400 Attack-Defend-Breakout-Rest

Key Points:

The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line. Left handed player in black sweats and hat is Dany Heatley just after he won NHL Rookie of the Year.

Description:

1. Players line up within a stick length of the red line if you have 2 groups or only ½ ice; otherwise behind the red or far blue line.
2. Three players attack three defenders.
3. Defenders must carry the puck out of the zone before passing to team waiting team mates.
4. Three new players attack vs the original offensive players.
5. Keep score, implement skill (only forehand passes) or team play rules (goals originate from below the goal line).

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