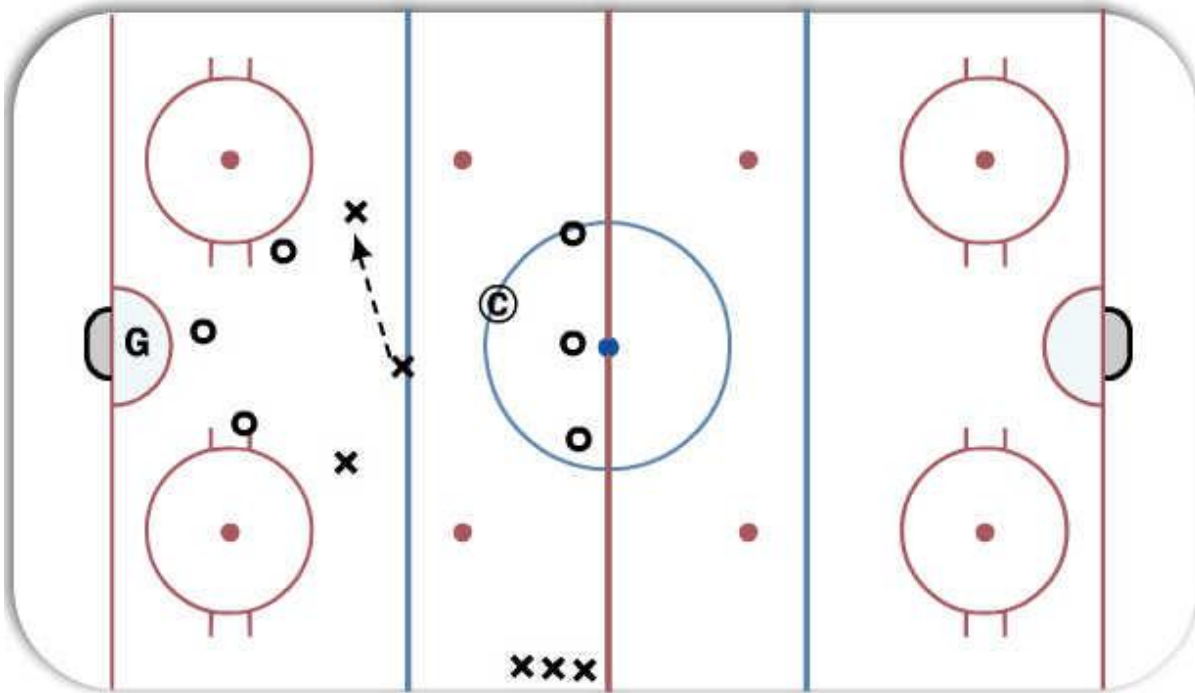


## Attack Defend Rest 3 on 3



### Description

3 defend against 3 attackers.

Once the 3 defending get the puck out, they rest, the 3 attackers are now defending against the new 3 attackers.

Defenders must carry the puck over the blueline and pass to the new attackers.

Defenders then go in the bench or on the boards.

**Key Points:** all 4 player roles