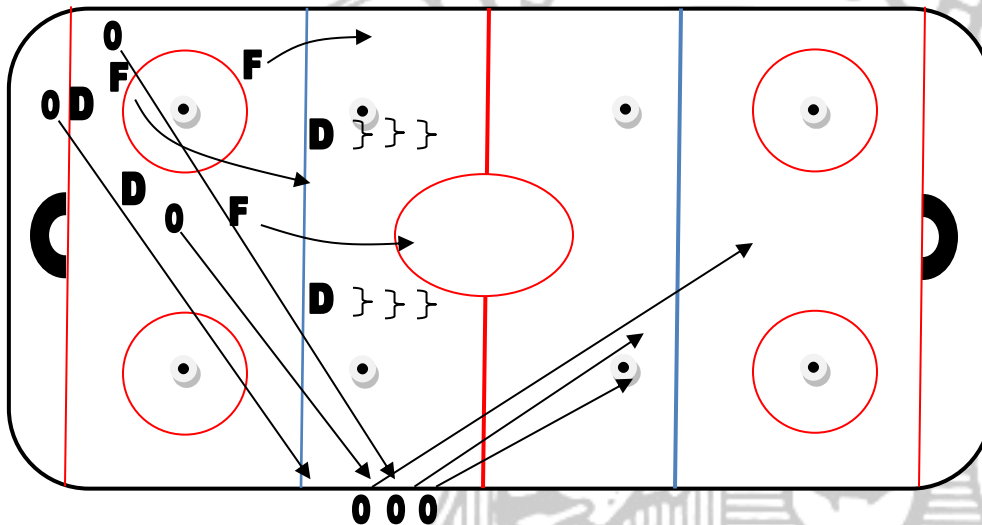


- Teams play 3 v 3 in the NZ with two D-men behind each net (near the dots)
- On change of possession on defensive side of red line – team needs to regroup with their own D by passing puck back to them
  - Team now regroups with their D and attacks the other way
    - Quick up, D-D, hinge
  - One of the regrouping D can join the rush and makes it a 4 v 3
  - D can only come as far as red line – hold the red until possession is lost
- On change of possession on offensive side of red line – attack the net (no regroup)
- The defensive team uses their NZ forecheck to pressure on regroup

### Pistol 3 v 3

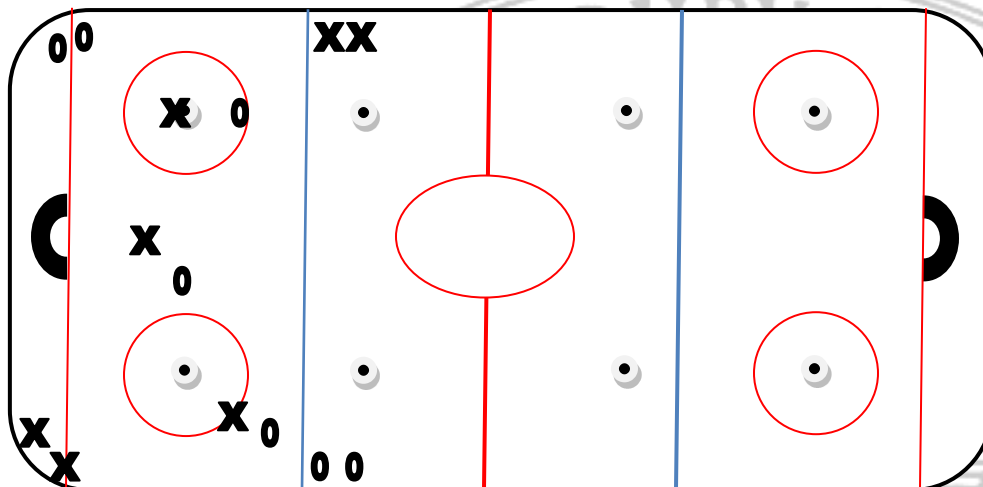
Points of emphasis: DZC, Breakouts, OZ entries, communication



- The drill begins 5 v 5 in the zone – usually do not allow OFF FWDs to use D (keep puck low)
- OFF FWDs are trying to score and the DEF team is looking to break the puck out of zone
- The high DEF forwards are moving to support the puck simulating DZC (skates up, stick down, etc.) but only get involved when the puck/player comes into their area
- DEF team breaks puck out 3v2 the other way
  - OFF FWDs hustle off – line change
    - Come back into DZ and take up their DZC positions
  - DEF D hustle off – new set of D
    - Hustle to the offensive blueline to play 3v2 the other way

### 3 v 3 Warm-up

Points of emphasis: Puck protection, puck support, passing, stick on stick



- Keep away drill in the zone – can only pass to your teammates or back to your lines
- Players without the puck move their feet to support the puck carrier – be an outlet
- Defensively, work to identify and cover your man
  - Change of possession, keep playing but offensive and defensive roles switch
- Can move the lines back to red line (NZ) to create more space
- Can put a time limit on how long player can possess puck before passing – if doesn't pass in time, whistle and change of possession