

## D100 - 5-5 Controlled Scrimmage – Pro

1. Scrimmage with face-offs.
2. Extra players on the bench and change on their own.
3. Play to a certain score, i.e. first to 5 goals and have a series.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150730175523348>

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<https://youtu.be/ja4yiHPDRAU>

Better video

<https://1drv.ms/v/s!AukXg5gWoW-9hfID6uDkSnHwzXnwRg?e=7aJBsH>

