

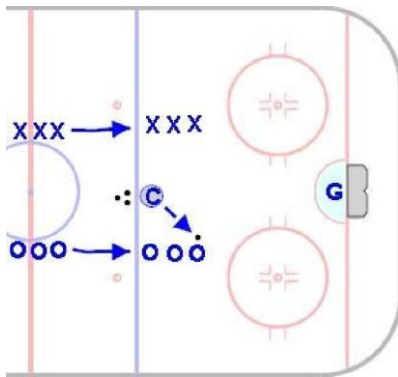
3 on 3 Transition

All Ages

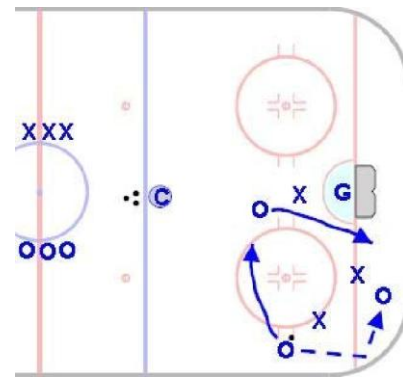
Goal: To simulate a game situation in which players must play both offense and defense low in the zone while utilizing the point to create scoring opportunities or simulate a breakout.

Time: 8 to 10 minutes

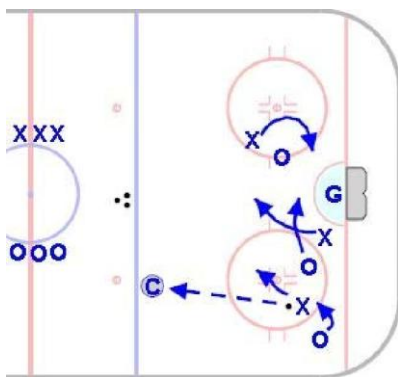
Shifts: 25 to 40 seconds



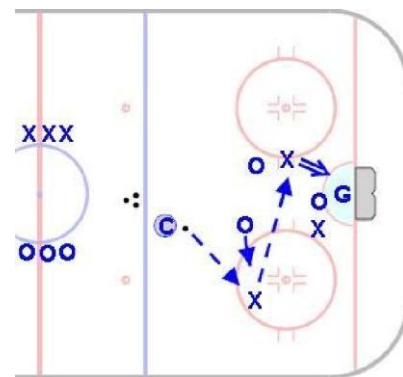
- One net is placed in the traditional position.
- The coach patrols the blue line and will act as the support player in this game.
- Game begins with the coach passing the puck to one team. That team is on offense.



- Coach has the option of moving across the blue line or remaining stationary.
- Offensive team should move throughout the zone looking to create scoring opportunities.
- Use this game to practice cycling the puck.



- Upon forcing a turnover, the defensive team must get the puck to the coach on the blue line. They are now the offensive team.
- Offensive team also has the option of using the coach as a support player.



- Coach will make a return pass to the new offensive team.
- Players should react quickly to create scoring opportunities off of the transition.