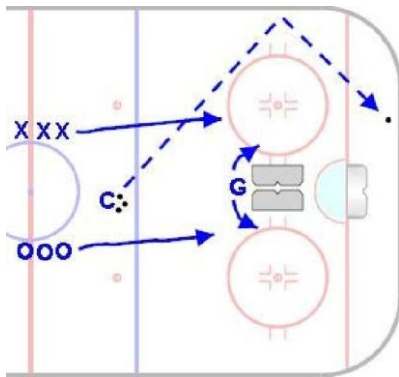


Backdoor 3 on 3

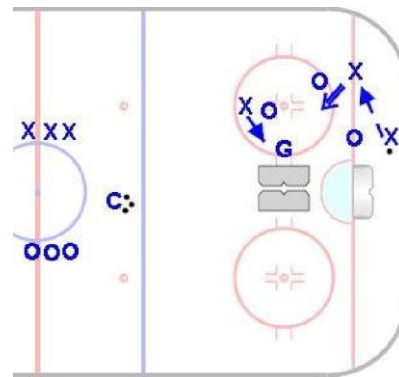
All Ages

Goal: To simulate game situations that force skaters to spread the ice and create scoring opportunities from behind the net. Also provides a great workout for goaltenders; helps with quickness and recovery.

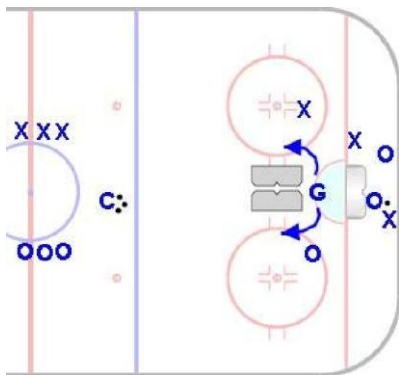
Time: 8 to 12 minutes **Shifts:** 30 to 45 seconds



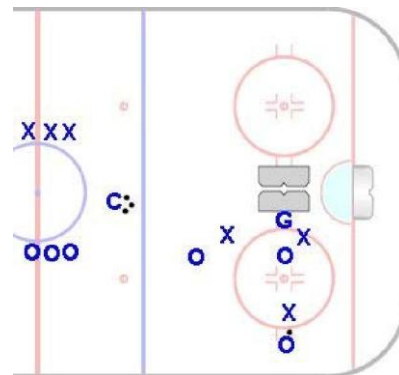
- Nets are placed back-to-back between the face-off circles.
- One goaltender covers both nets.
- Coach shoots puck in to start play and three players from each team enter play.



- Game is played from the blue line in. Players attack the nets opposite their line.
- Players should take advantage of the full ice surface. Spread the ice and move the puck.



- Goaltender must be positioned to cover both nets and quickly move between them.
- Players should be encouraged to walk the puck in front of the net they're protecting to simulate play from behind the offensive net.



- Goaltenders should be alternated every other shift to avoid exhaustion and a negative impact on technique.
- As with all games, the puck is live until frozen. Players attack for rebounds.