

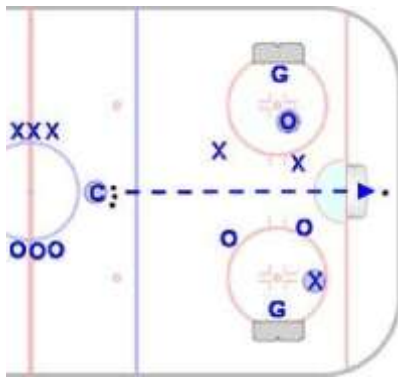
Continuous 3 on 2

Squirt & Older

Goal: To simulate a game situation in which players are given the opportunity to execute and defend a 3 on 2 advantage in a small area.

Time: 8 to 10 minutes

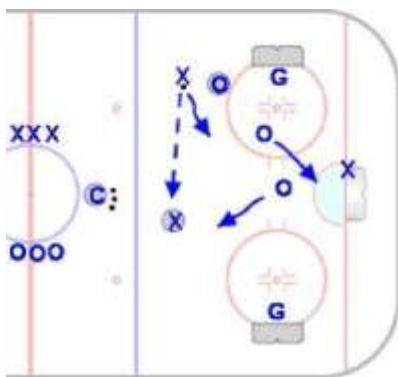
Shifts: 25 to 40 seconds



- Nets are placed on face-off circles.
- An imaginary line crosses the middle of the playing surface.
- One player from each team is always on offense and cannot cross the dividing line.



- Play starts with the coach dumping in a puck and three players from each team entering play (offensive players in their ends).
- Team controlling play takes a 3 on 2 advantage into their offensive zone.



- After the defensive team forces a turnover, they can move the puck up the ice to the full-time offensive player or skate the puck.
- The offensive player may have the opportunity for a breakaway.



- The offensive player may need to stall while waiting for teammates to enter the play.
- Players must support the puck carrier to create passing options.
- Players crash the net for loose rebounds.