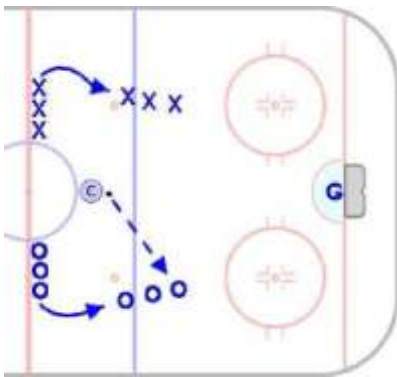


Half Court 3 on 3

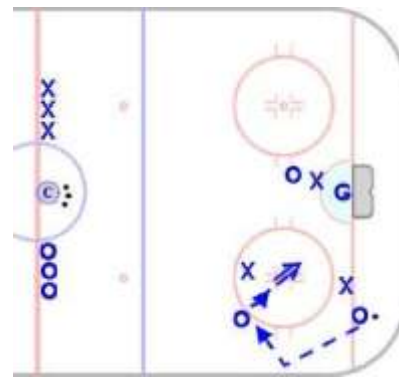
All Ages

Goal: To simulate a game situation in which players must play both offense and defense, break the puck out of the zone and regroup in the neutral zone.

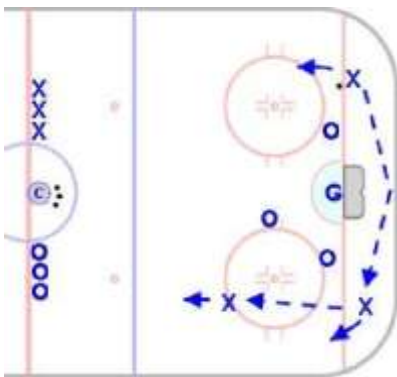
Time: 8 to 10 minutes **Shifts:** 30 to 40 seconds



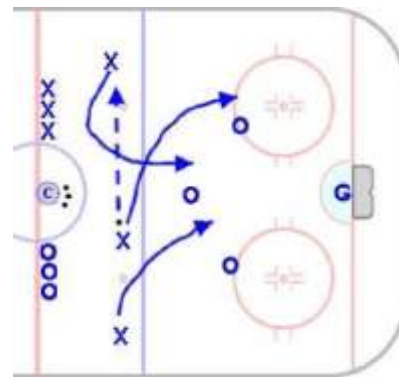
- One net placed in the traditional position.
- Three players from each team enter play. The game begins with the coach passing the puck to one team. That team is on offense.



- Players should be encouraged to cycle the puck and work the corners and behind the net in the offensive zone.
- The defensive team must create a turnover and get the puck over the blue line.



- Once over the blue line, the original defensive team will be on offense.
- Defensive players controlling the puck should treat the situation as a breakout, either skating or passing the puck out of the zone.



- Offensive players must regroup in the neutral zone and enter the zone onside.
- Defensive players are not allowed to cross the blue line in pursuit of the puck. Offensive team must be allowed to cross the line..