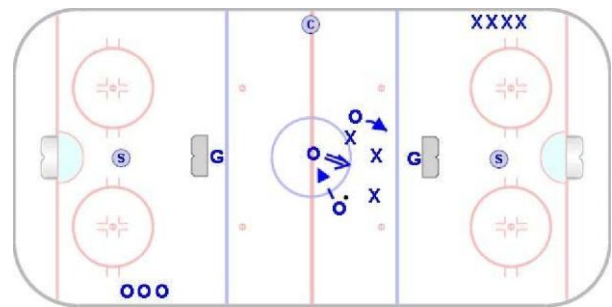
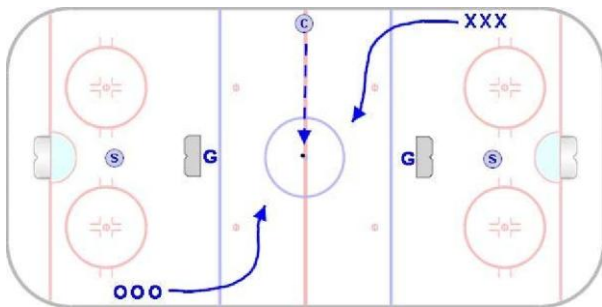


Mid-Ice D Support

Pee Wee & Older

Goal: To create a game-like situation in which players must simulate breakout situations and forecheck to defend against the breakout while playing a competitive 3 on 3 contest in a tight area.

Time: 8 to 10 Minutes **Shifts:** 35 to 45 seconds



- Nets are placed a few feet inside the blue lines.
- Teams line up on the half-boards at opposite ends of the rink.
- Coach dumps puck and three players from each team enter play.

- One support person (typically a defenseman) is placed behind the net in the defensive end of the ice.
- Teams play a 3 on 3 game in the neutral zone.



- Shots or lost pucks that go wide of the net are the responsibility of the support player.
- The support player controls the puck while teammates move into breakout positions and the opposing team forechecks.

- The breakout pass is completed and the offensive team moves to create a scoring opportunity.
- Support players must remain ready and alert. They may not cross the imaginary goal line to enter play in front of their net.