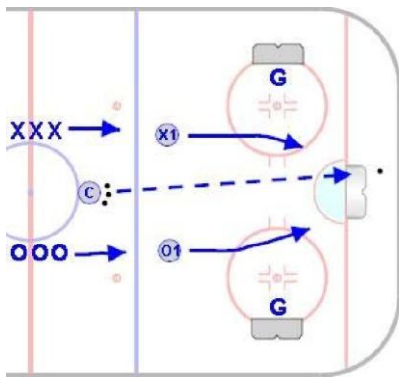


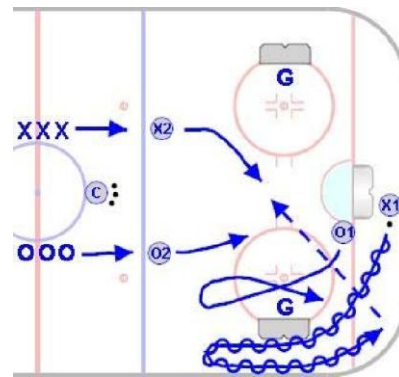
Progressive 3 on 3

Goal: To simulate a game situation which offers players multiple even strength opportunities. Players learn to support the puck and get into a proper defensive position when entering the play.

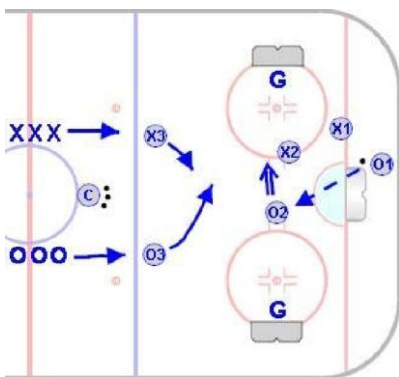
Time: 8 to 12 minutes **Shifts:** N/A



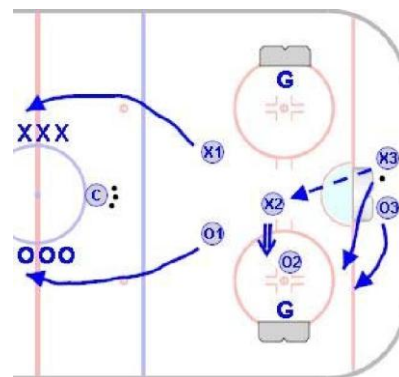
- Nets are placed on face-off circles.
- Coach dumps puck in and one player from each team enters play to begin the game.
- Game starts as a 1 on 1.



- After 10 seconds, the game becomes a 2 on 2 when one additional player from each team enters the game.
- Players work to attack and defend in an even-man situation.



- After 10 more seconds (20 seconds into the drill), one additional player from each team enters the game to create a 3 on 3.
- After 10 more seconds, the first two players into the game leave the play, creating a 2 on 2.



- 10 more seconds elapse and the second set of players leave to create a 1 on 1.
- The final 1 on 1 concludes after 10 seconds. No player skates more than 30 seconds. The entire 3 person shift will last for 50 seconds.