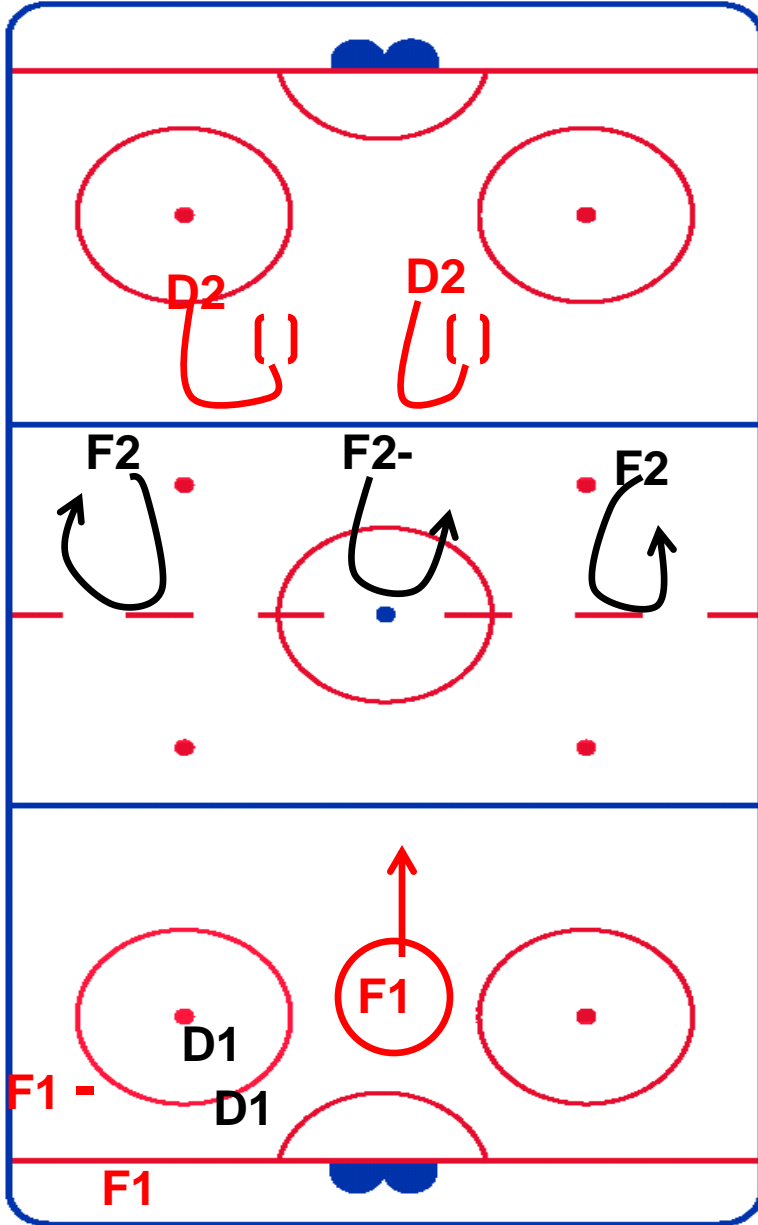


# SPARTAN 3X2



Drills starts with F1's attacking the D1's on a 3x2 rush. As they move through the NZ, Next line of F2's set up at the far blue line and D2's at the tops of the circles. Original rush plays out low in the zone until the whistle. On whistle F2's skate to the red line, tight turn and attack D2's who gap up to the blue. High forward from the previous rush backchecks to make it a 3x3 in the zone. Play until the whistle and the drill repeats continuously.