

Title : St. Cloud Rush

Content elements: \_\_\_\_\_

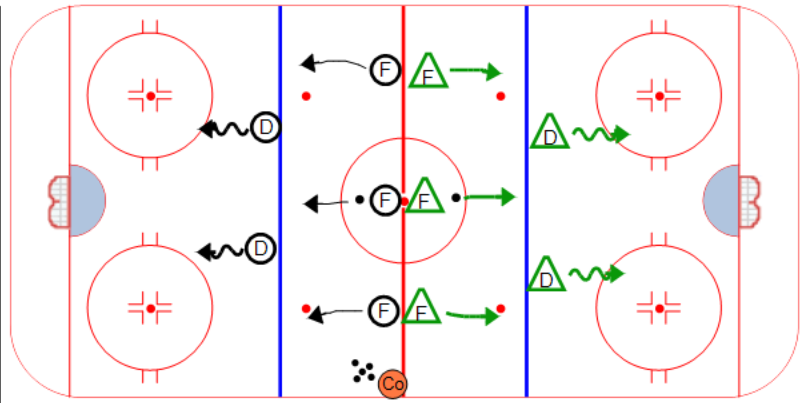
Components : \_\_\_\_\_

### Description

Drill starts with two 3x2 going in opposite directions from the red line.

After the initial rush coach blows whistle and both groups come to the neutral zone. Each group is now a team of 5. In this example black plays against green.

Coach dumps a puck to either end and teams play 5x5.



Key Points :