

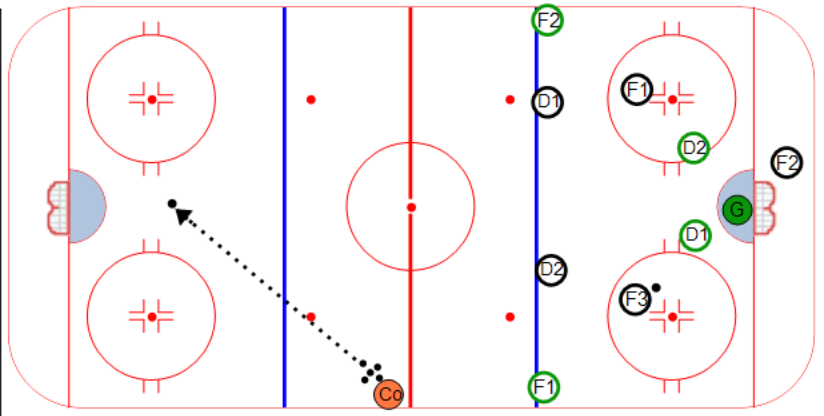
Description

F1, F2 & F3 play 3 on 2 against D1 & D2 until a goal is scored or coach blows the whistle.

Coach dumps a new puck back to the NZ or DZone and D1 & D2 come back hard to start a regroup with F1, F2 & F3.

F1 & F2 (Green) wait for D to pass center line and then forecheck hard against them to disrupt the regroup.

The play comes back 5 on 4 to the offensive zone.



Key points :