



**Set-up:**

Double Penalty Box

**The Game:**

3 v1 in the defensive zone (no more than 3 touches)

1v3 in attacking zone. (unlimited)

Players must stay in their zones. Coach should rotate the sole player in the attacking zone.

**Focus:**

Attacking- Quick ball movement, shooting from distance, follow-up

Defending- Pressure, Block shots, get in the shooting lanes

**Variation:**

Player from the defensive zone can enter the attacking zone once the forward has received the ball.