

## Description

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- Player with puck attacks as offensive player, supporting player tries to keep possession with teammate. Designated defensive player tries to win puck and switches with offensive player that lost the puck or made a pass outside the designated area.
- Keep point system. 1PT for pass how many consecutive passes. IPT for possession if it last entire 30 sec shift. Highest point total wins. 1pt for defensive player to win puck.

Options: Modify space for less time and space to make a read or decision.

Progression: start with 1v1 then progress to 2v2 and 2v3

Option: Continuous 3 Zone warm up Zone 1: LULEA 2V1, middle zone: speed puck control, End Zone one: 3v3 SAG Rotate every 30 secs

## Tags

Add tags (e.g., offense, defense, breakout)

Press Enter or comma to add a tag

