

Title

Sagaert Continuous 3 v 2 Alley

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Description

1. Start off with a 3 v 2 and create an "alley" just inside the blue line.
2. Position a 3rd defensive player in the alley who tracks the play.
3. Team with possession tries to score.
4. If there is a turn over of possession, a player from the offense must exit to the alley, and the opposing player in the alley can join the play creating a 3 v 2 the opposite way.
5. Play continuous for 60 - 70 seconds.

Tips:

- The player who turns over the puck may not be the best option to exit. Players must make the change that makes the most sense.
- The player entering from the alley needs to read the play and determine the best option: close support, create outlet, odd man rush etc., etc. etc....
- Players will try to cheat their way in - encourage the compete!

