

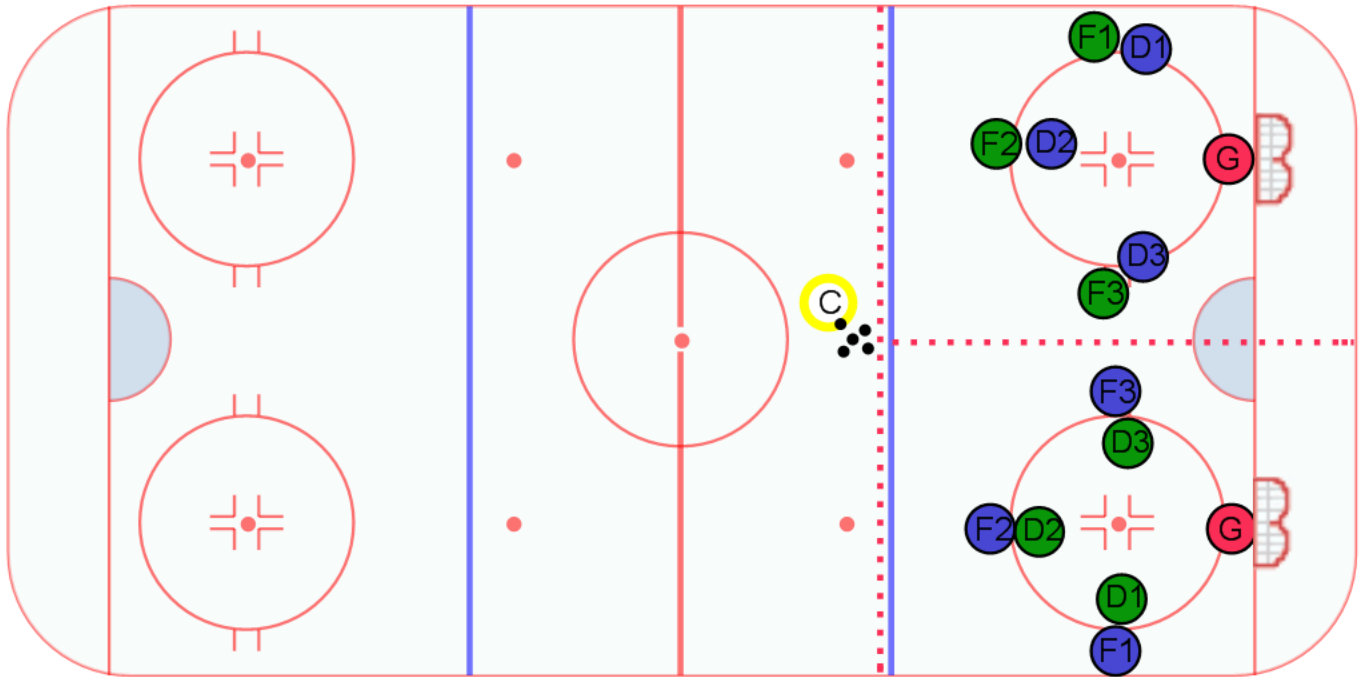
Category #1 :

Category #2 :

Title : Russian 3 on 3

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

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



Key points :

### Description

This is actually a good game that promotes two things: offensive creativity and defensive zone coverage. In the diagram, the two teams are represented as Green and Blue. Players have to stay within their section of the ice defined by the dashed red line. To start the game, the coach puts a puck in play on either side. It is a 3 on 3 game where forwards can score from anywhere. The defense is trying to get the puck to their forwards in the other section. However, the defense can shoot on the opposite net if they have the chance as long as they stay within their section.

The game should be played in 30 second intervals to keep up the intensity.

A fun variation is to add a second puck. This demands greater awareness for the offense, defense, and goalies.