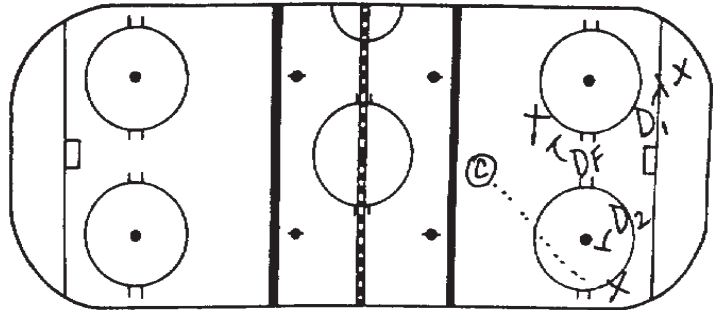


3-ON-3 DOWN LOW

PURPOSE: To work on defensive end responsibilities and for forwards to work on their offensive zone movement.

SET-UP: All players set up in the zone. The defensive players, D1 and D2, are defensemen, and DF is a defensive forward. The offensive players are indicated by X. To begin the play, a coach will pass the puck to an offensive player, or dump the puck into the zone. Play will



continue with the defensive players trying to carry/pass the puck out of the zone, and the offensive players trying to keep possession in an effort to score. Do not permit the play to go beyond the top of the circles. In the event that it does, either stop the play and start it again, or have the players react to a new puck which the coach will dump in.