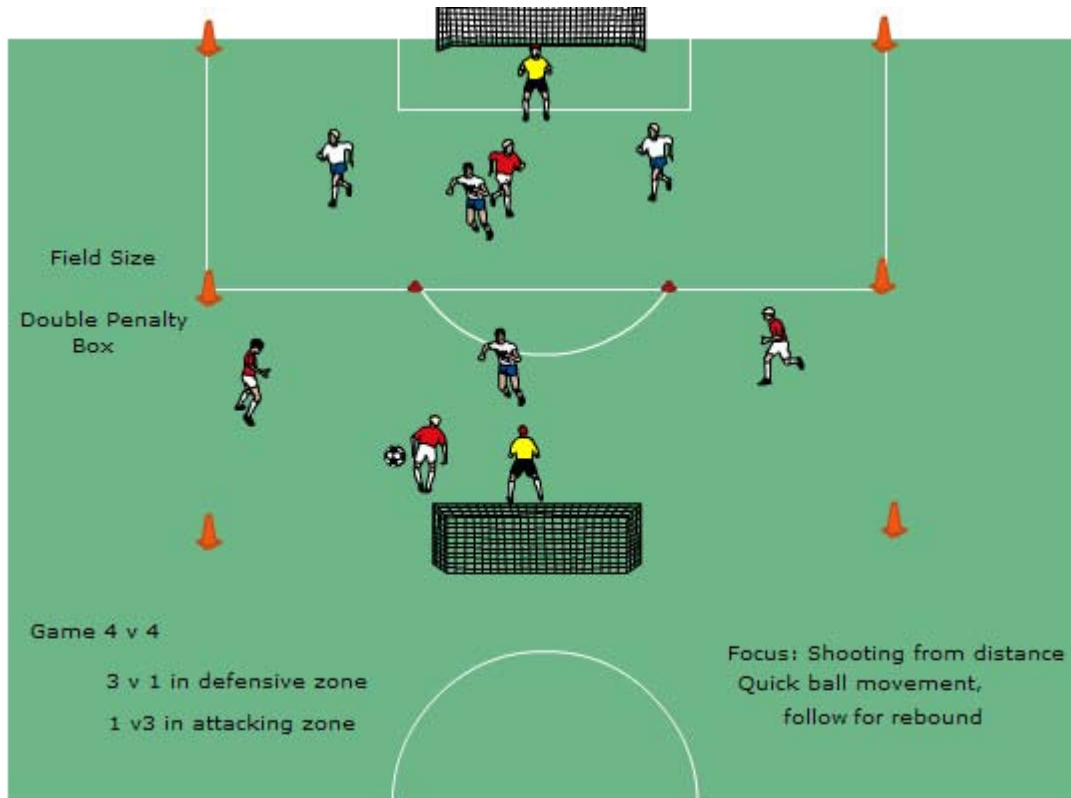


4v4 Double Penalty Game



Set-up: (as pictured) Double Penalty Box.

The Game: 3 plus Keeper v 1 in the defensive zone, 1v 3 plus Keeper in attacking zone.

Restrictions:

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

No more than 3 touches for players in their defensive zone.

Focus: Attacking- Quick ball movement, shooting from distance and follow up
Defending-Pressure, block shots and get in the shooting lanes.

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