

## **D100 - 5-5 – Pro**

1. Scrimmage with face-offs.
2. Extra players on the bench and change on their own.
3. Play to a certain score, i.e. first to 5 goals and have a series.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150730175523348>