

D1 Three Line Continuous Game – U15 Boy's

Key Points:

Give close support to the puck. Defending team create speed through the neutral zone after the breakout. New defending team identify coverage when the attackers enter the zone.

Description:

Three teams play full ice.

- 1-Red attacks vs Green at one end.
- 2-Green breaks out and attacks vs. Black waiting at the other end.
- 3-Black breaks out and attacks Red.
- 4-Green rests at the original end.
- 5-Black attack vs. Green.

They keep this rotation and play a game up to 5. Start another game at 0-0 but switch who they attack first i.e. now Green attacks Red and Red attack vs. Black and Black vs. Green. This rotation can be used to practice team play at full strength and power play and penalty kill.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150309090327205>

<https://youtu.be/-pezSSVMRxA>

