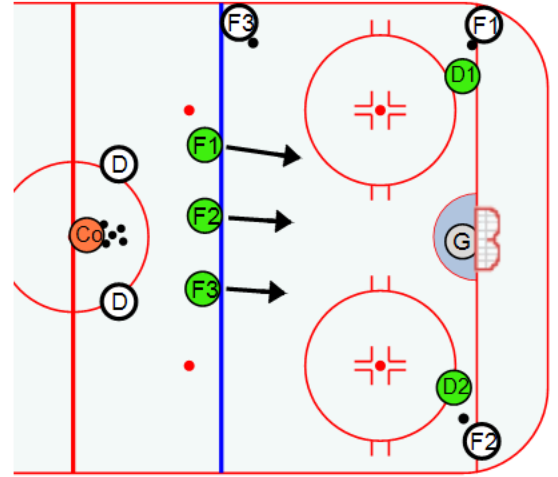


**Description**

Drill starts with F1 attacking D1 1v1 on the whistle  
 On the 2nd whistle F1 leaves puck and F2 attacks D2 with F1 and D1 joining to make it a 2v2  
 On the 3rd whistle F1/F2 leave puck. F3 takes no more than three strides and shoots.  
 The three green forwards backcheck in the zone and the two white D join the play and they play 5v5 in the zone.  
 Coach has pucks in the center circle and can dump a new puck in if the play is too quick on a clear or a goal is scored.



Key points:
