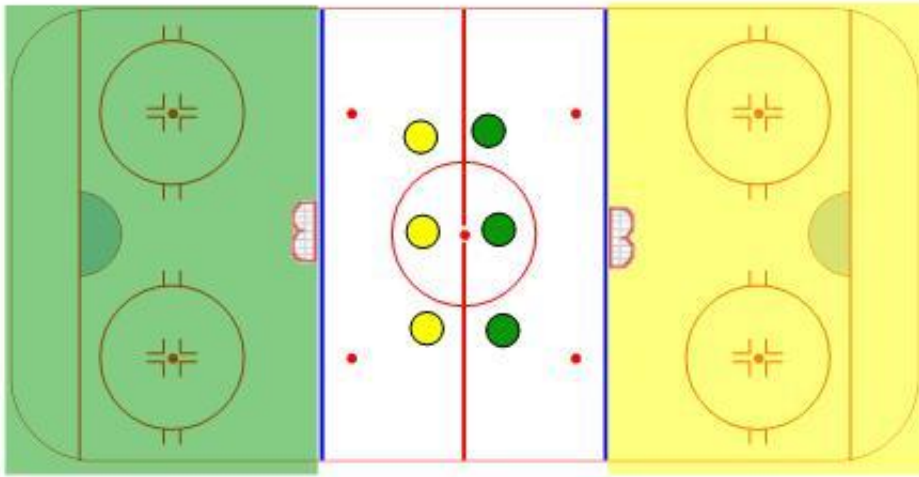


# 3 on 3 Time Bomb

Category: Small Game | Drill Level: Beginner



## Key Points

- Aggressive Forecheck
- Quick Puck Movement
- 3 on 3
- Small Area Puck Control

## Description

Teams play 3 on 3 in the neutral zone. If the puck goes past the blue line, the attacking team has 3 seconds to regain control of the puck. The defensive team is not allowed to cross the blue line. If the offensive team fails to retrieve the puck in 3 seconds, the puck must be given to the other team. The objective is to play aggressively (forecheck) after the puck misses the net.

## Notes

Increase time intervals for younger players. Optionally force the puck retriever to move the puck back into play in the NZ within another 2 or 3 seconds.