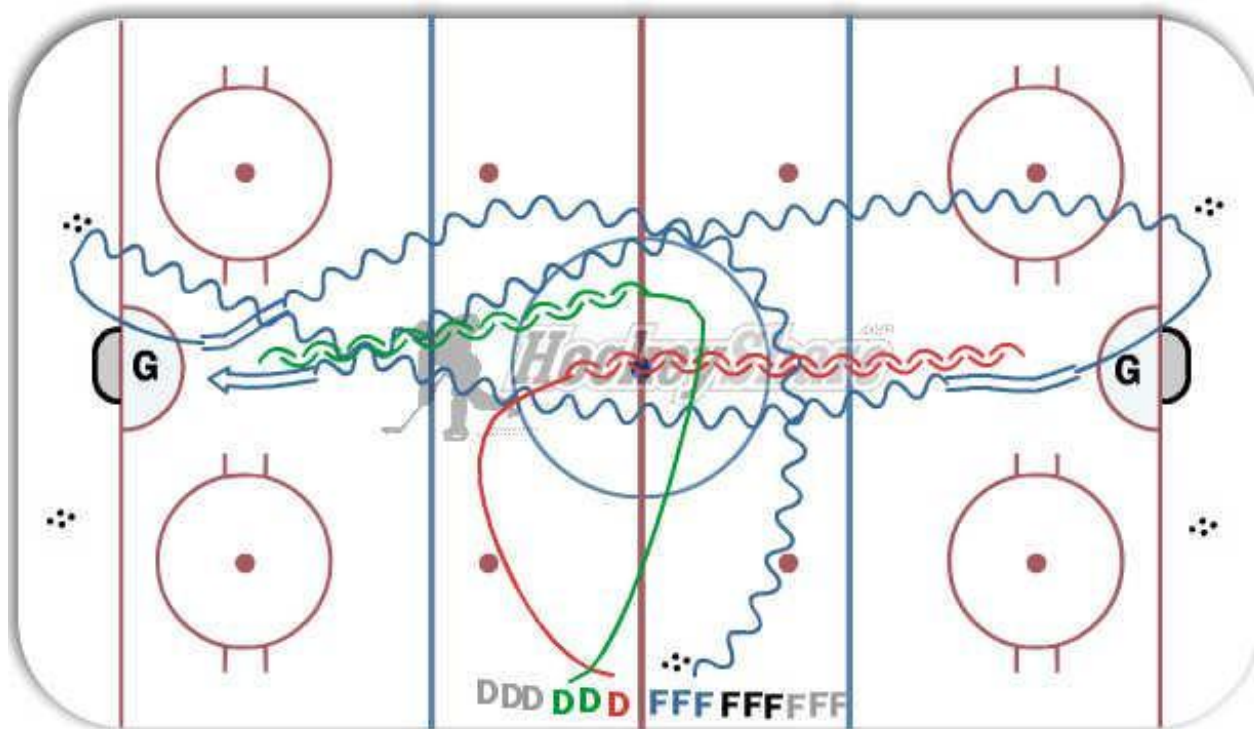


"DARTS" 3-0 3-1 3-2



Description

Blue FWD line starts with a puck, skates around circle at center and attacks 3-on-0 in end to left. After a scoring chance, they collect a puck from below the goal line and regroup to attack the opposite direction. First defence in line now jumps into the play, defending this attack 3-on-1 towards the end to right. After a scoring chance in this end, the defence peels off, and the forward line collects a puck below the goal line and regroups to attack again back to the left. The next TWO D in line (the green D pair) jump into the play and defend 3-on-2.

CONTINUOUS FLOW: After the blue line has passed through center ice 3-on-2 on the green D pair, the next forward line (the black line) leaves with a puck, around the center circle and attacking the end to the right. Continue with the next D defending 3-on-1 back, then next two 3-on-2, etc.

Notes: To ensure the zone is clear when the next line is coming back, you may need to remind players involved in the 3-on-2 to clear the zone after a good scoring chance.

Tags: Fun drill working forwards together as a line and attacking 3-on-0, 3-on-1 and 3-on-2. Continuous flow drill.