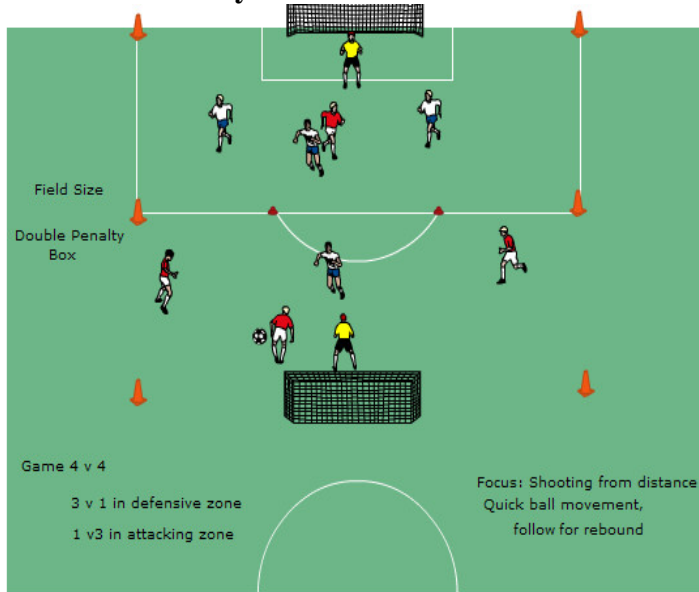


4v4 Double Penalty Game:



Set-up: (as pictured) Double Penalty Box.

The Game: 3 plus Keeper v 1 in the defensive zone, 1v 3 plus Keeper in attacking zone.

Restrictions:

- Players must stay in their zones. Coach should rotate the sole player in the attacking zone.
- No more than 3 touches for players in their defensive zone.

Focus:

Attacking- Quick ball movement, shooting from distance, follow-up
Defending- Pressure, Block shots, get in the shooting lanes

Variation:

Player from the defensive zone can enter the attacking zone once the forward has received the ball.

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up:

Striking the Ball in 3's
Groups of 4 Passing Warm-up

Possible Previous Activity:

2 Shots followed by 1v1
Bobby Clark Shooting Circuit