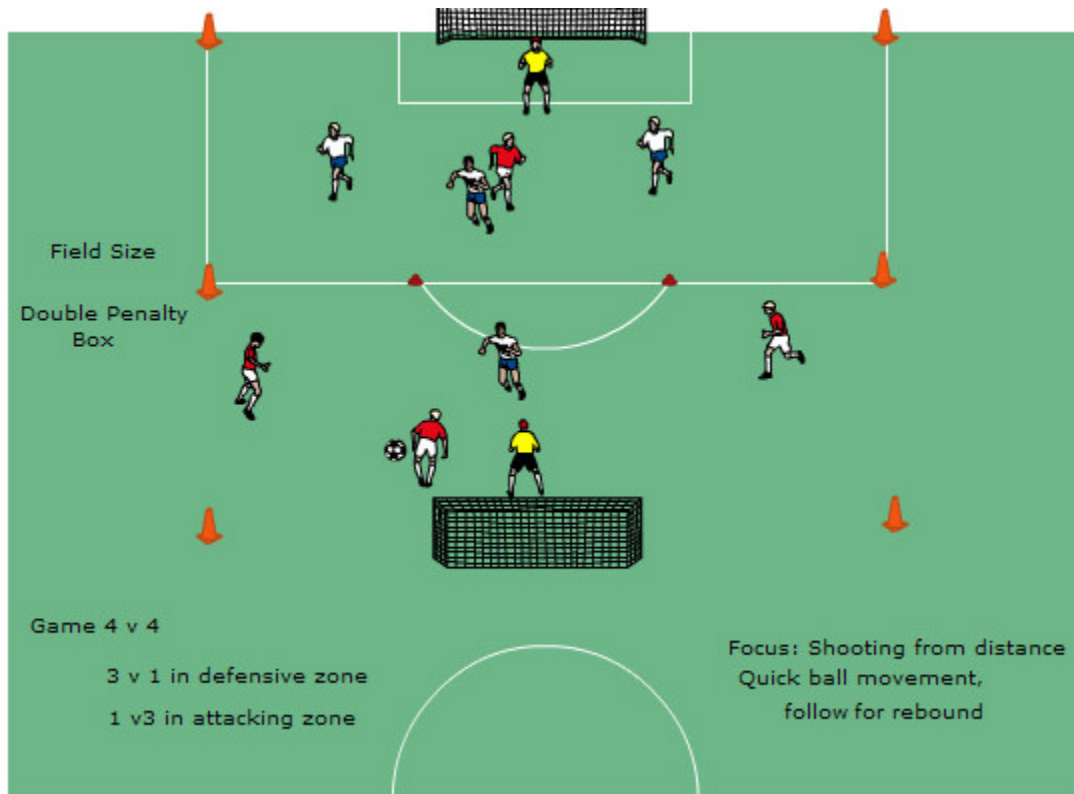


4v4 Double Penalty Game (U12+)



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.

Restrctions: Players must stay intheir 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.