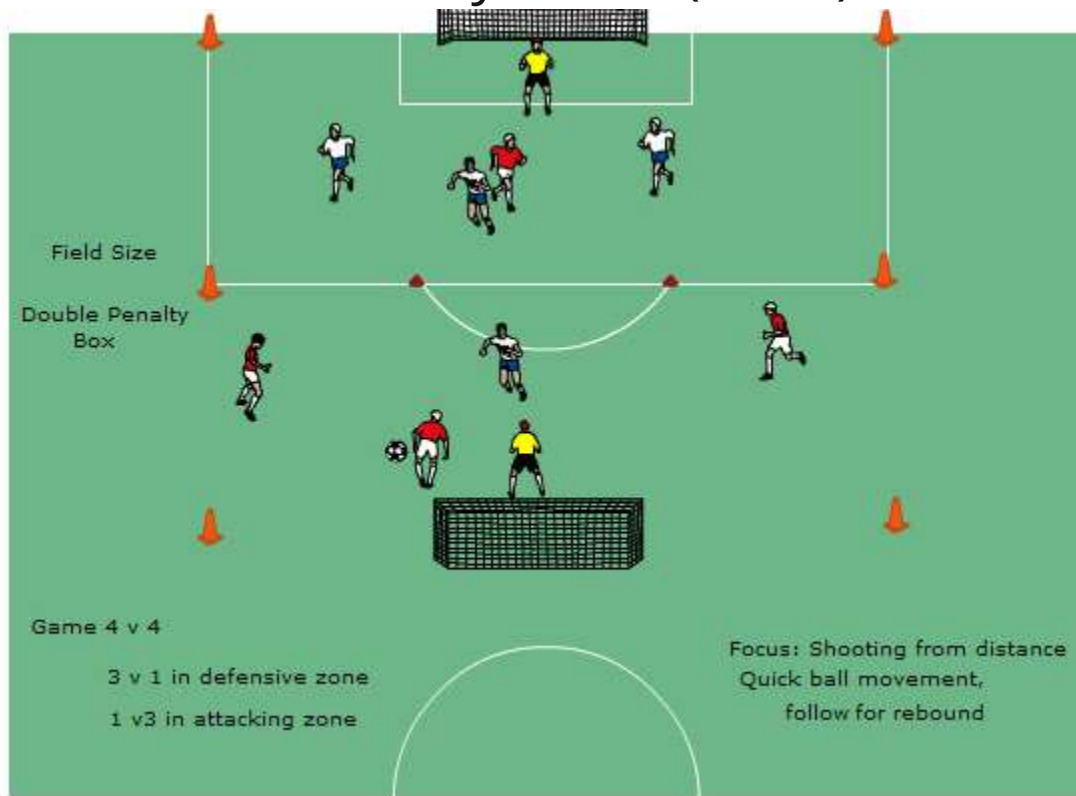


# 4v4 Double Penalty Game (U12+)



**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.

**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.