

**PURPOSE**

- To practice offensive skills, including shooting, through a fun activity

**EQUIPMENT** None**TIME** 5 minutes

- With a whistle and change every 20 seconds

**PROCEDURE — Full-Ice Drill**

1. Players are divided into two equal teams on player benches.
2. Whistle is blown, coach puts a puck in play, and three players from each bench jump onto the ice and compete 3-on-3 full ice until the whistle blows to signify a shift change.
3. Coaches are wild cards who can take any loose pucks and pass to any open player.
4. All three players must touch the puck before a shot can be taken.
5. If a goal is scored, a coach will put another puck into play.

**KEY POINTS**

- This is a tremendous activity that makes players aware of open lanes and that forces defenders to lock on coverages.
- Coaches might designate a particular shot to be used during a specific sequence.

**DRILL PROGRESSIONS**

- Include a three-stride rule in which players must pass before skating beyond a three-stride range.
- One-time shooting can be made the rule for goal scoring with only this type of shot counted as a goal.
- Contact can be optional.

