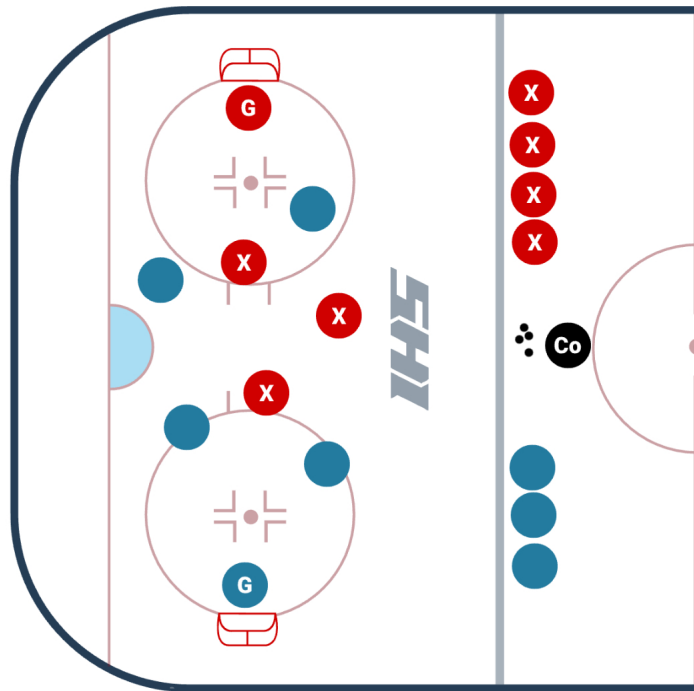


ALTERNATING 4 V 3 POWER PLAY GAME



Time:

Station:



The Alternating 4 v 3 Game allows teams to practice puck support, power play and penalty kill concepts.

Setup

- Play 4 v 3 cross ice.
- On every whistle the 4 v 3 changes in favor of the other team.
- Power play goals are worth 1 point while shorthanded goals are worth 2 points.

Coaching Points

- Offensive team: utilize your extra player by spreading out and supporting the puck carrier.
- Defensive team: keep sticks on the ice to block passing lanes and keep the puck to the outside.
Compete hard so you can score those 2 point short handed goals!