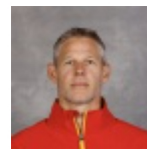
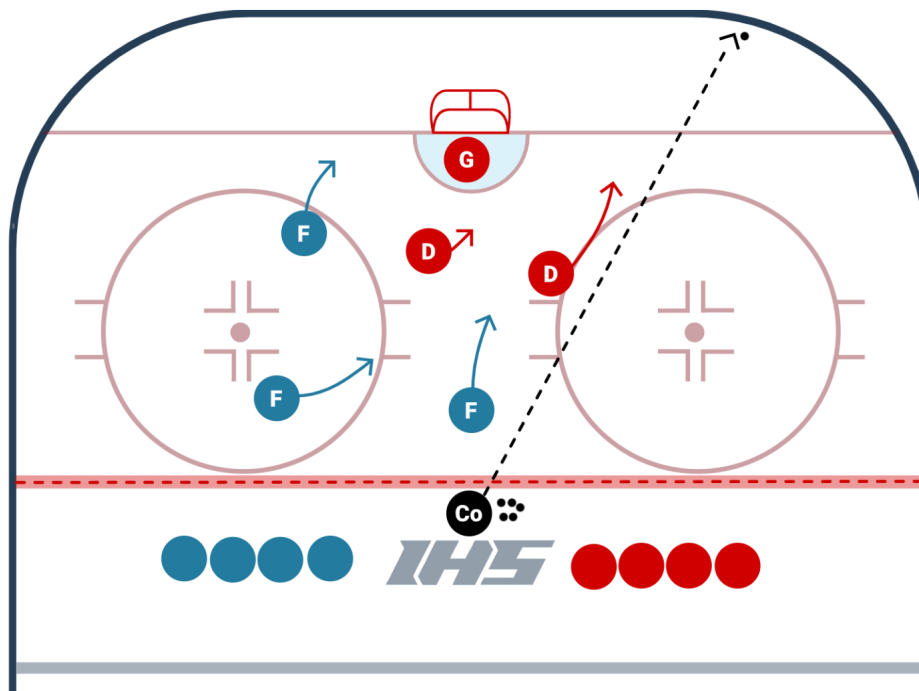


# 3 ON 2 RACE TO 5



Time:

Station:



Cail MacLean, Assistant Coach of the Calgary Flames explains the 3 on 2 Race to 5 game. In this small area game, forwards compete against the defensemen and goalie to score 5 points.

## Setup

- Start with 3 forwards, two defensemen, and one goalie in a playing area below the top of the face-off circles.
- On the whistle, the coach dumps a puck and the players play out 10 to 20 seconds. The scoring is as follows:
  - 1 point for the forwards if they score a goal
  - 1 point for the defenders if they skate pass the line
  - 1 point if the goalie covers a puck
- As soon as a point is scored, all new players are sent in.
- Teams:
  - Can play it so its forwards, defensemen and goalies are all on their own teams trying to get to 5, or you can play it so its forwards vs. defensemen / goalies.
- Whichever team scores 5 points first wins.

## Coaching Points

- Both forwards and defenders should race to be the first to the puck and establish puck possession.
- Forwards should support each other and be outlets if they do not have the puck.
- Defensemen should keep sticks on the ice to block passing lanes and work with the goalie to either skate pass the line or have the goalie freeze the puck.

## Variations

- Can play it so its forwards, defensemen and goalies are all on their own teams trying to get to 5, or you can play it so its forwards vs. defensemen / goalies.
- Can have game be forwards vs. defensemen and goalies or you can break up the teams and rotate the players so that players get chances at both offense and defense.