

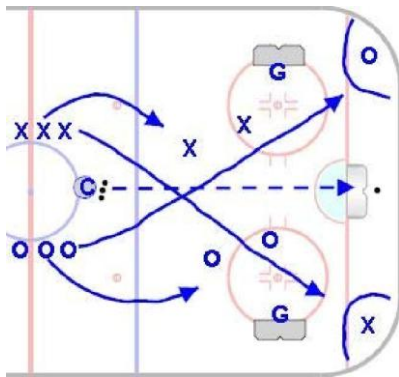
3 on 3 Safe Zone

All Ages

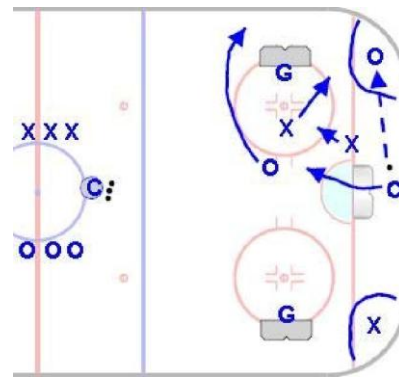
Goal: To simulate a game situation in which players work a give and go from the offensive corner leading to a shot on net.

Time: 8 to 12 minutes

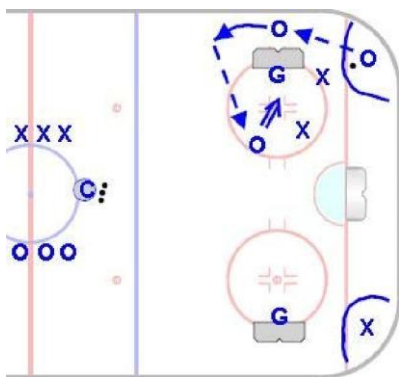
Shifts: 30 to 45 seconds



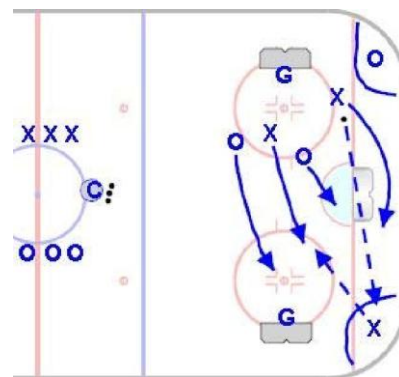
- Nets are placed on face-off circles.
- Play begins with the first player in each line entering the “safe zone” in opposite corners.
- Coach fires a puck into play and the next two players for each team enter the zone to play.



- “Safe zone” player cannot be pressured and cannot leave the corner.
- Before attempting a shot on net, players must make a pass to their “safe zone” and have the “safe zone” player make a return pass .



- Players must work to always keep their feet moving and find open space on the ice.
- Encourage players to use the area behind the net as well as other open areas on the ice.



- A turnover will result in the new offensive team making a pass to their “safe zone” and moving into position to receive a return pass.
- Players should hustle to take advantage of potential breakaway opportunities.