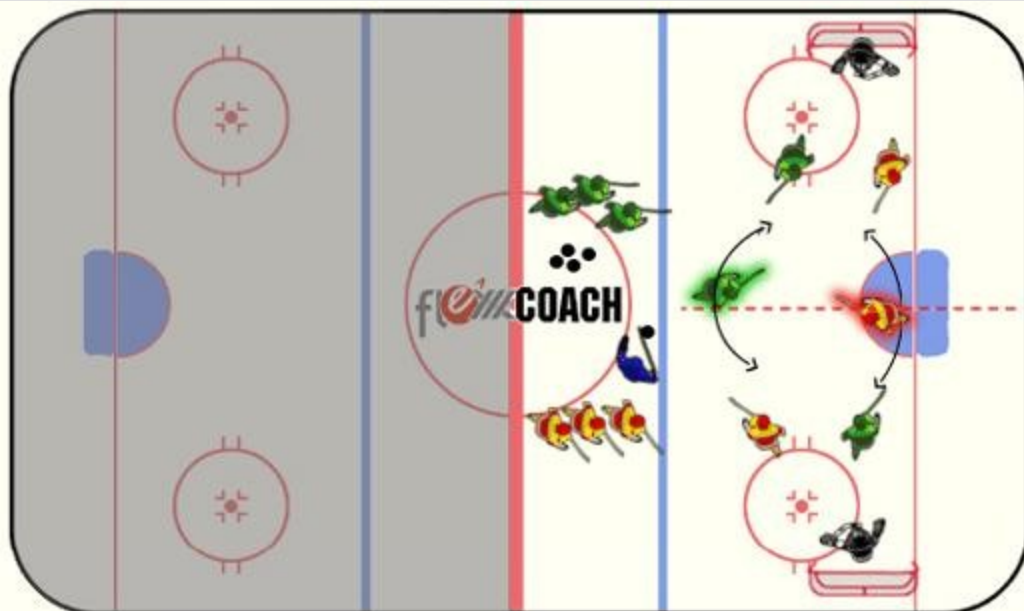


The “OV” Hockey School, LLC.

‘Feature Drill’

Powered by flexxCOACH

3 on 3 Game Rover



SHOW GUIDE									SHOW GUIDE
	skating with puck	skating	pass	shooting	skating backwards	Coach	cone	puck	

Players divided into 2 teams. Positioned outside the blueline. Start with 3 players from each team in the zone with 2 nets positioned at the side boards. Both teams have a defender, offender and a rover. The defender stays on the defensive half of the rink. The offender stays on the offensive half of the rink. The rover can go on both halves of the rink.



High Speed, High Intensity, High Energy – Total Skills Development Camps and Clinics

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