

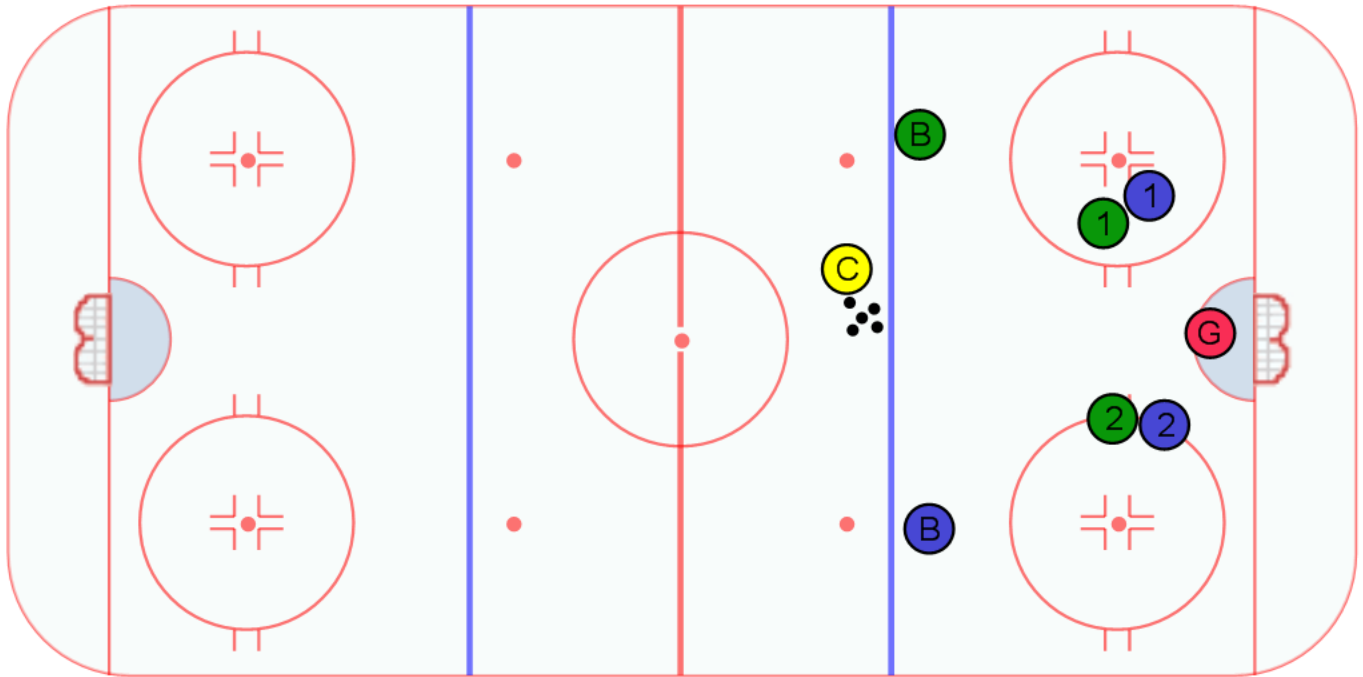
Category #1 :

Title : 3 on 3 with Bumpers

Category #2 :

Content elements : \_\_\_\_\_

Components: \_\_\_\_\_



Key points :

### Description

This game is 3 on 3, but really turns into a 3 on 2 down low drill. In each zone there are two teams of three players. On each team there is a designated "bumper". The Bumper can come to life when one of their teammates passes them the puck.

To start the drill, the coach throws a puck deep into the zone. The players goal is to score, however, their Bumper must be activated in order to score. So when a player gets control of the puck, their first action should be to get the puck to their bumper. The bumpers cannot move until they receive a pass from their teammate. Once the bumper receives a pass it is then a 3 on 2 down low. The bumper is de-activated when the other team gains control of the puck.