

Objective To compete in various small games

Key Elements Compete

Organization Players are divided into two teams with different colors.

Each team is divided into groups of 3.

The arrows indicate the direction of the rotation.

Example: Red Players in Game 1...

1st whistle - move to the other side of Game 1 and defend that net.

2nd whistle - move to Game 2

3rd whistle - move to Game 3

4th whistle - move to Game 4 (defend closest net)

5th whistle - move to the other side of Game 4 and defend that net.

6th whistle - move to Game 3

7th whistle - move to bench

8th whistle - move to other end of the bench

9th whistle - move to Game 2

10th whistle - move to Game 1 (defend closest net) Cycle is complete.

Variations If there are 18 players on each team, add one more group of 3 from each team and place them in the penalty boxes.

Goalie Rotate stations after 3-5 whistles.

