

D100 Game with One Goalie - Alternate Ends

Key Points:

Insist on good habits. It is possible to have modified rules like at least one pass in each zone or goals must be on give and goes. Play full ice with either all the players at once or in shifts of about 45". There is a goalie at one end only.

Description:

1. Lie one net flat on the ice and a goal only counts when only the netting is hit; any noise from a pipe and no goal. Small nets, shooter tutor or hit posts is also possible.
2. After a goal the scoring team get the puck quickly and go the other way.
3. The defending team must tag up at the red line before checking.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20130216093006572>

