

D200 - Jokers Each Side – Pro

Key Points:

Play short shifts of 20-30'. Everyone keep their sticks on the ice. Pass to Jokers is allowed. You can play either Jokers must pass or also allow them to shoot.

Description:

1. Start with the red players on one blue line and white on the other and play cross-ice.
2. Coach spots a puck and players leave from their net end of the line-up.
3. Coach put in a new puck after a goal or the puck is out of play.
4. Modified rules can be added. i.e. one touch goals only.
5. Any even or odd combination of 1 vs. 1 to 5 vs. 5 can be played.

** On the whistle either pass to the coach who spots the puck or pass to your team mate coming on.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161005144903456>

<https://youtu.be/BunLgAxVjiQ>

