

B202 - Chaos and Goalie Warm-up - C U18 F

Key Points:

Protect the puck, make moves, fakes, pivots in all directions. Keep your head up and avoid the coaches poke check. Goalies work with a coach at one end.

Description:

1. Players are in three lines on both sides of the neutral zone.
2. First player in each line handle the puck between the blue lines.
3. Coaches skate around and poke check at the puck.
4. Rotate every 15-20".
5. Goalie coach work on technique.

Options: *Add pass to the players at the front of the line.

*Exchange pucks with the other players in the middle.

*Knock the puck off other players sticks.

* Do Overspeed intervals or 10".

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161026092757471>

<https://youtu.be/I9OmgC2cFL0>

