

T2 - Bob Johnson 10 Second Power Play Game

Key Points:

Attackers must move the puck quickly. Defenders challenge at full speed stop and start, stick on the puck. Coach fire in a new puck when the puck is cleared, frozen or a goal is scored. Two attackers on all loose pucks. Attackers and defenders rotate in on each whistle. Go through each defender once on the 5 on 1 and twice on the 5 on 2 then rotate so the other colour is on offense.

Description:

1. Play 5 vs. 1 at one end of the ice.
2. Coach pass to the power play who try to score.
3. One defender aggressively challenge the puck carrier.
4. Whistle each 10" and a new defender hustle in and original out of zone.
5. Keep score.
6. After each blue has defended once then they are on offense and reds on defense.

7. Add a second defender for 5 on 2.

**This is a great contest for good habits on defense and learning to move with the puck and make quick decisions on the attack.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161029103334311>

<https://youtu.be/jOMFSb4as1s>

