

D200 - Nets Back to Back Random Situations - U18 F

Key Points:

Make plays. Goalie work to see the puck all the time. Read the situation. Keep score.

Description:

1. Nets are back to back with extra players along the blue line to keep the puck in.
2. Coach calls out how many players from each team from 1-1, 1-2, 2-2, 2-3, 3-3, 3-4, 4-4.
3. Play 20-30" shifts with shorter shifts with small numbers.
4. New players can't go in until the original group is over the blue line.
5. Pass the puck to your players coming on at the whistle.
6. Coach put in a puck to start, after a goal or it is out of play.

** Add modified rules that practice good habits or skills.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170117121204888>

<https://youtu.be/8BEuQ8jEcz4>

