

D100 - Two Thirds Ice 2-2 – Pro

Key Points:

Create 2-1's on one defender. Protect the puck, get open for a pass. In a 2-2 there are all 4 game playing roles.

1. Puckcarrier.
2. Support the puck carrier.
3. Check the puck carrier.
4. Cover players away from the puck.

Description:

1. Move the nets up to the top of the circles.
2. Blue F1-F2 start vs. Red F1-F2.
3. Coach shoot the puck in to start.
4. Coaches spot new pucks on goals or if the puck is out of play.
5. 30" shifts.
6. F3-F4's leave from the goal line on the next whistle.
7. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2017071711210417>

<https://youtu.be/vaCAXq3jmBM>

