

## B202 - 4 x 2 Chaos Overspeed – College

### Key Points:

Overspeed with the puck. Go as fast as possible making moves and cutbacks. Pass quickly always facing the partner.

### Description:

1. Four players from each end leave and puck handle in the neutral zone as fast as possible.
2. On the whistle pass to the first player in the line you started in.
3. Break into two groups of two.
4. Pass quickly in the neutral zone.
5. One the whistle pass to the line you came from.
6. Goalie training with the coach at one end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180930143940302>

<https://youtu.be/fEGcEqZUQAE>

