

D100 – Power Play Game – All Situation – College Men

Key Points:

Teams take turns having the man advantage. Players must read the situation and adjust.

Description:

1. Start with 1-1 and the extra players are on the bench.
2. You can play situations up to $\frac{1}{4}$ of your total amount of players. i.e. to get to 5-5 you need a total of 20 players. 4-4 needs 16 players, 3-3 at least 12.
3. One team gets the advantage first. In the diagram the Red gets the advantage first.
4. Change on the go about 30" shifts and pass to teammate coming on or back to the goalie.
5. Part One: Red, 1-1, 2-1, 2-2, 3-2, 3-3, 4-3, 4-4, 5-3, 5-4, 5-5.
6. Part Two: Blue, 1-1, 2-1, 2-2, 3-2, 3-3, 4-3, 4-4, 5-3, 5-4, 5-5.
7. Keep Score and losing team skate or push ups

<https://youtu.be/7qLLc30nbE>

