

Categories

Scoring

Competitive Games

Drill Title : 2 v 0 Scoring Game

Components :

Content elements :

Description

2 v 0 Scoring Game:
-X1 & X2 race against O1 & O2 to score 2 goals
-After scoring the first, return to own line to get 2nd puck & regroup
-After scoring 2nd, sprint back across red line in direction of original line
-1st team to cross red line with 2 goals wins point

Key Points

- Goalies set saves aside
- Retreive misses
- Finish w/sprint

