

DT400 - 2-2 High and Low Jokers - U17

Key Points:

Players transition from the Three Game Situations 0-Loose Puck, 1-Offense, 2-Defense, and Four Game Playing Roles. On offense as a 1-puck carrier, 2-support puck carrier. On defense, 3-check the puck carrier, 4-cover away from the puck. Jokers can be coaches or players. Extra players wait outside the zone.

Description:

1. Play 1-1 to 3-3 with a joker at the point and another joker below the dots.
2. Transition to offense by passing to the joker who return passes to that team.
3. Players rotate on the whistle.
4. Play various situations by sending in from 1 to 3 new players.
5. Modify rules to work on skills. i.e. Goals only on one touch shots, point man must shoot, goals from give and go plays.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150925090532945>

<https://youtu.be/Y9RiOqKFmEk>

