

D Nets Back to Back with Jokers

Key Points:

Jokers can only have the puck 1 second and then must pass or shoot. You can add that they must move sideways or back when they get the puck.

Description:

Place the nets back to back at the red line.

- Half the team play and half are jokers. Shifts 30".

-When the team gets the puck on defense they must pass to a joker before they can score. Jokers can move around on the perimeter.

If you have only one goalie then it is a great conditioning - skating drill for the goalie to play for both teams and skate around to the other goal.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=2012052310414296>

D200 - Nets Back to Back Random Situations - U18 F

<https://youtu.be/8BEuQ8jEcz4>

