

T2-4 D100 Specialty Team Practice – RB Pro

Key Points:

PK Skate in straight lines thru the net. Sticks on the ice in passing lanes.

PP keep the puck and the feet moving.

Description:

1. Players line up in the nzone.
2. PP breakout vs Pk.
3. Closest PK pressure the puck skating thru the net.
4. Coach put in another puck if play ends too quickly.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090822231952414>

<https://youtu.be/i7XQ9oObsSI>

