

D1-D100 Two Second Game - College M-W

Key Points:

This is one of the best activities a coach can use to promote close puck support and on ice vision. Players need to learn to play the game seamlessly which means to look around before they get the puck, automatically skate to open ice when they get the puck, supporting players must anticipate the next play, always face the puck and give a target and get open for a pass. Players also need to practice passing while skating and turning away from pressure.

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

**This game can be played full, cross, half ice or it can be a rule in keepaway games with 2 or more players.*

Great game for on ice awareness, passing skills and offensive support and defensive coverage.

Description:

1. Play full ice with either all the players on the ice at once or in shifts.
2. Players can be in possession of the puck for a maximum of 2 seconds.
3. Stress that when you get the puck the order of priorities should be:
A-Make a play.
B-Regroup.
C-Gain a zone.

3. When over 2 seconds the other team gets the puck (coach monitor).

College W

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324143851598>

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<https://youtu.be/PVy5NjFsV9w>

