

T2-4 - D400 Team Play Scrimmage - Detroit

Key Points:

On offense try to create 2 on 1's and constantly go to the net and change the point of attack. On defense play from the defensive side with the stick on the puck, communicate and everyone cover one attacker. Alternate ends.

Description:

1. Coach either shoots in a puck or offense starts with a puck on the whistle.
2. Offense gets about 20" to score.
3. If defeders get the puck out the coach puts a new puck in.
4. Switch roles and lines on the whistle.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090730123919178>

<https://youtu.be/mWS66o55Kkc>

