

D200 - 3-3 - 3-2-1 Pucks - U18 F

Key Points:

- Players can only shoot when the goalie is ready.
- No empty net goals. Players have to see that the goalie is ready before they can shoot.

Description:

1. Players line up outside the blue lines.
2. Coach shoots in 3 pucks, when a goal is scored leave it in the net and play with 2 pucks and then 1 puck if two goals are scored.
3. Players race for pucks and battle to score and defend.
4. Hustle out of the zone on the whistle and play 20-30 seconds only.
5. On the change leave the puck in the zone and the coach will shoot in enough pucks to make it 3 pucks.
6. Count the pucks in the net after to determine the winning team.

U18 Girls

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005185636266>

<https://youtu.be/Ej9EiNgn4h4>

D200 - 3-3 with 3-2-1 Pucks - College W

<https://youtu.be/mVNWjdJAECY>

