

D9 - 4 Teams x 4 Nets - Youth Skills Class

Key Points:

Keep your head on a swivel so you can read where the next play is going. Skate to open ice with the puck and look to pass.

Description:

1. Use four nets. One at each end and one at diagonal blue lines.
2. Divide the players into four teams.
3. Each team defends one net and can score on the other three.
4. Allow the defending team 5 metres to take the puck out of their net when scored on.
5. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120318093412931>

<https://youtu.be/mclITi9SNYk>

