

DT500 - Nets Back to Back with Jokers - U18 F

Key Points:

Jokers can only have the puck 1 second and then must pass or shoot. You can add that they must move sideways or back when they get the puck.

Description:

Place the nets back to back at the red line.

-Half the team play and half are jokers. Shifts 30"- 60".

-When the team gets the puck on defense they must pass to a joker before they can score. Jokers can move around on the perimeter.

If you have only one goalie then it is a great conditioning - skating drill for the goalie to play for both teams and skate around to the other goal.

Another option is to put the nets side by side facing opposite directions.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012052310414296>

<https://youtu.be/6LgzPhlaMes>

