

D200 2-2 Shoot Either Net – Pro

Key Points:

Quick reading the rush and change the point of attack. Need quick feet and quick thinking. Get defenders to commit then change direction. No reaching penalties.

Description:

1. Two teams on blue line with one at each half.
2. Play with only one puck in the playing area.
3. Players can score at either end.
4. Keep score.

**Alternative is to play from 1-1 to 5-5 with the same rule that you can score on either net.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120717094107392>

<https://youtu.be/gKSjp9hJonQ>

