

D200 - Keepaway U22 - Pro W

Key Points:

Role One - the player with the puck must protect it and skate to open ice.

Role Two - player without the puck must get open and give a target.

Role Three - player checking the puck carrier must have the stick on the puck and in the passing lane.

Role Four - player away from the puck must see the puck and the player they are covering. Stick in the passing lane and body on the defensive side.

Description

1. Players line up on both blue lines. Two players from each team play keepaway in the neutral zone. They pass to each other or to the same colour on the blue line.
2. Keep score with a point for making 5 or 7 consecutive passes.
3. Rotate in from one end of the line every 30 seconds.
4. Variation is to focus on skills such as: only forehand passes, backhand, skating backwards, one on foot, sticks the wrong way, one hand only on the stick, pivot before passing, skates on the ice and skull, etc.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120806085000699>

https://youtu.be/jrwWio_apCo

