

D2 - Hand Soccer - U18 CW

Key Points:

Bend the knees and keep the head up in a strong hockey skating position. Use this game as a warm-up or the first game in a cross ice tournament.

Description:

1. Nets across from each other in one zone.
2. Use soccer footballs or pucks.
3. Have one ball or puck for every 6 players.
4. Only one shooter at a time - no empty net goals count.
5. Use this game as a warm-up and stress good skating posture.
6. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120903095848173>

<https://youtu.be/mT7PtjGZFcA>

