

D400 - Small Area 2-1 x 2 - Jr. A

Key Points:

Defender eliminate the puck carrier crossing the midline of the net and the cross pass. Goalie and defender work together to make it a 2-2. Attackers use quick passes, quick shots, fake shots, one timers. Get the goalie moving and shoot where he came from and not where he is going.

Description:

1. Nets are at one end facing the corner.
2. Extra players wait between the two games.
3. Spot the puck with one of the offensive players to start.
4. Play 2-1 about 20".
5. Coach put in a new puck on each net.
6. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201210230903249>

https://youtu.be/d5K2x_molTo

