

E1 - Shoot Until You Score Race 1-0, 2-0, 3-0 - U18 F

Key Points:

Players should attack quickly, pass early, shoot to score. Goalies must battle and never give up.

Description:

1. Place one puck on the bluelines for each player on the bench according to the largest team.
2. One player leaves from the bench and must keep shooting until a goal is scored.
3. Scoring player skate hard to the bench and touch the boards with the stick and a player joins him/her and they attack 2-0.
4. Repeat after a goal and attack 3-0.
5. All three players rush back and touch the boards and then repeat.
6. The team that scores all the pucks first wins.

** I adapted the rules saying you get three chances and then move on to the next phase. i.e. 1-0 to 2-0 or 3-0 to 1-0. The winner is the first team to score all of the pucks.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121026120209909>

<https://youtu.be/PJpuP2zFBII>

