

D100 - Scrimmage Full Ice – Alternate Ends - U18 F

Key Points:

Take short shifts and play with good habits. Move the puck to players in better position than you. On defense play tight gaps and everyone cover an attacker.

Description:

1. Play 3 on 3 with the extra players on the bench.
2. Scoring team get the puck right away and attack the other net. Defenders must rush back to the red line before they can check the players.
3. Keep score and play games to 3 and situations like of 2 out of 3 series.
4. If you have at least 16 players play some 4-4 or with at least 20 skaters 5-5 as long as the pace of the game is intense.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130216093006572>

<https://youtu.be/Q3alpxeNiQU>

