

T2-4 Team Play Practice Rotation – Minor Hockey

Key Points:

Practice various situations at each end. One vs. pressure and one no pressure. Switch roles when the puck goes to the no pressure end. Review any team concept. This works for minor hockey teams that have 15-17 skaters. With teams that have 8 D and 12 F you can have ten at each end.

Description:

Sequence

1. Practice game situation at one end.
2. Shoot the puck down on a turn over or after a certain time.
3. Practice 5-0 for 60".
4. Shoot puck down to first group who have rotated.

