

## D200 Tight 2 on 2 - Pro W

### Key Points:

Make quick decisions and play with good habits. Face the puck, tight turns, stick on the ice, give and go, quick passes and shots, protect the puck, rebound, block shots.

### Description:

1. Place one net on the goal line and the other at the top of the circle.
2. Players leave from the side.
3. Play situations 1-1 to 3-3 with 20-30" shifts.
4. Play the same puck on the whistle by either leaving it or passing to a teammate coming on.
5. Keep Score.

*Options: Give and go to add new players, Jokers behind offensive, defensive or both nets, Jokers on the side, passing rules such as goals must be on give and goes, etc.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131022140745514>

<https://youtu.be/nLE48uEUzIM>

