

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>

