

## D1 Full Ice All Play - U18 F

### Key Points:

Everyone plays shinny style.

### Description:

1. All play at the same time.
2. Use a puck or multiple pucks, ball or balls.
3. When the goalie freezes the puck the attackers back up behind the hash marks.
4. When a team scores they must touch the red line before checking.

<https://www.youtube.com/watch?v=QcP0keeTXmw>

