

D200 Game 1-1 to 3-3 - RB Pro

Key Points:

Offensive player use moves, change of pace, etc. to try and score.
Defensive player maintain defensive side with a tight gap.

Description:

1. Coach shoot the puck in and one player from each team compete.
2. Short shifts of about 20".
3. On change either the coach shoots in another puck, regroup with the goalie or pass to a teammate.

Cross ice game of 1-1 to work on:

- a. Role One the player with the puck - puck protection, escape moves, shooting quickly, rebounds.
- b. Role 3 the player checking the puck carrier - always stay on the defensive side, maintain tight gaps, stick on the puck, tie up the stick on the rebound and transition to offense.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140602170615993>

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<https://youtu.be/tL3gw5deg0o>

