DT400 Two Net Game – Regroup with Jokers - U15 B

Key Points:

Quickly transition from offense to defense. Communicate coverage. Attack quickly then work cycle and back to net to change the point of attack. Screen, tip on offense, box out, seal sticks to the outside on defence.

Description:

1. Two nets in line with the dots on the goal line.
2. Teams line up facing the net they are attacking.
3. Start with the coach shoot the puck in and play from 1-1 to 3-3.
4. One player is the Joker at each offensive point and can pass or shoot but not skate in.
5. Pass to first player in line for the next group to go onto offense.
6. The team that was attacking and lost the puck must quickly defend the net on the other side of the zone.
7. Rotation is attack, defend, return to the line up.

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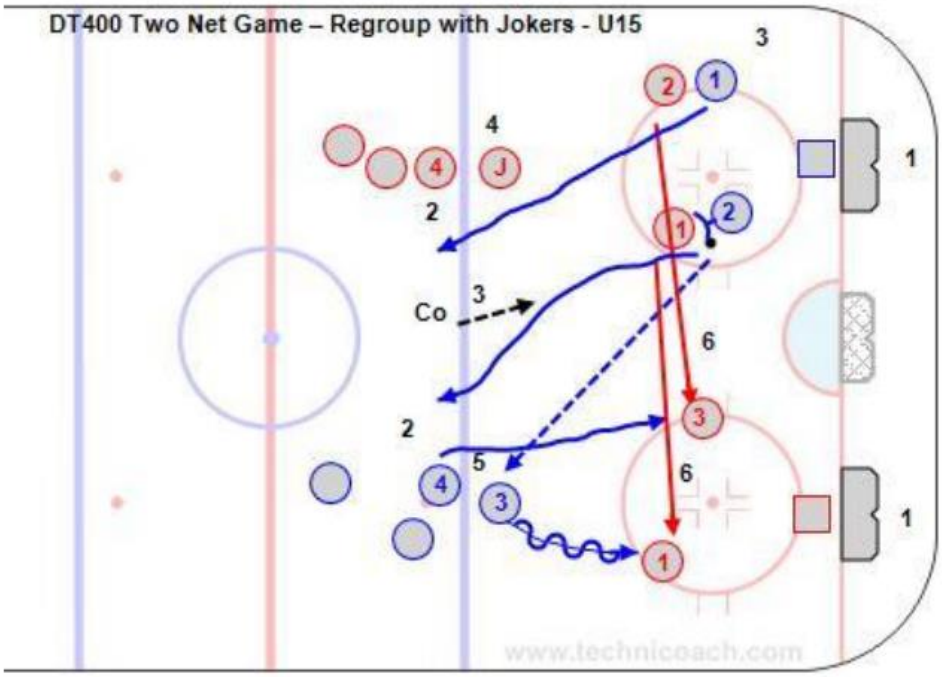
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