

## D200 x 6 Games of Kings Court – Youth

### Key Points:

Play games with modified rules to isolate skills. Use regular and small nets.

### Description:

1. Six big or small nets down one side of the ice.
2. When everyone is playing the rule is they must bounce the puck off the far boards to go onto offense.
3. Also play with the attack-defend-pass- rest and the defense passes to players waiting at the far boards.

*\* Change the rules, use different kinds of pucks and balls and play even and odd number situations.*

*\* D200 1 on 1 game, where a team mate waits for a pass to go on offense is a fantastic way to practice stick handling. The play offense-defense-pass-rest and then on offense again.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141221111029230>

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<https://youtu.be/73KMUVvQ7cl>

