

DT500 Nets Back to Back - One Goalie U15

Key Points:

Quick transition and all 4 game playing roles are practiced. Goalie awareness and fitness.

Description:

1. Put the nets back to back and one goalie defends both nets.
2. Make two teams, half play and half are active jokers.
3. This is a transition game so you must pass to your joker to be on offense.
4. On transition the goalie switches nets.
5. Allow Jokers to check Jokers.
6. Keep score.
7. Jokers should surround the play.
8. Jokers can either pass or shoot.

** Great game to end practice. Coaches can also play.*

** Having active Jokers keep everyone involved.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150303100915347>

<https://youtu.be/8L94ZfUI1Ik>

