

D200 - 3-3 - Czech U20

Key Points:

This is a small area game and good habits like facing the play with and without the puck are crucial. Everyone should cover one player on defense and give close support on offense. Take at least 3 quick strides to open ice when you get the puck and continually create offensive 2-1's. Give a target and get open.

Description:

1. Play a cross ice game of 3 on 3.
2. Extra players line up along the blue line.
3. Take 30" shifts and pass to a teammate coming on when the whistle blows.
4. Extra players hold the puck in and coach only shoot in a new puck when the puck is out of play.
5. Keep Score!!

** Option: Allow passes to team mates on the blue line.*

** Option 2: Both teams skate behind their own net when they come on.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150816231812311>

<https://youtu.be/-7jWT9A509g>

