

## DT400 - Two Net Game - U18 F

### Key Points:

There are two nets on the goal line. Play 1-1 to 5-5 in even or uneven situations. There is quick transition from offense to defense.

### Description:

1. Start with one to five whites attacking one net vs. one to five darks.
2. On a goal, frozen puck or transition the dark pass to their players at the blue line.
3. New darks attack the net on the other side and the original whites skate hard across and defend.

\*This game requires quick transition and communication about who to cover on defense.

\*Attack quickly to take advantage of the unorganized defense.

\* Keep score and implement rules for good habits, team play or technique.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160927102405140>

<https://youtu.be/2GPPC0B99jw>

