

D200 Cross Ice Game 1-1, 2-2 - RB Pro

Key Points:

Practice all 4 game playing roles in cross ice games. A 1-1 practices role 1, player with the puck vs. Role 3, player checking the puck carrier. 2-2 adds Role 2, player getting open for a pass and Role 4, player covering away from puck. Keep score use short shifts.

Description:

1. Players line-up outside blue line.
2. Coach dumps the puck in.
3. Players from each side battle for the puck.
4. Play 1-1, 2-1, 2-2, 3-2, 3-3.
5. Add modified rules to work on skills or team play skills and habits.
6. Shifts between 15-30 seconds.
7. KEEP SCORE

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140602170615993>

<https://youtu.be/tL3gw5deg0o>

