

D400 - Goalies Face Opposite Directions - Mike Johnston

Key Points:

Play all 4 Game Playing Roles with intensity.

1. Player with the puck.
2. Players supporting the puck carrier.
3. Player checking the puck carrier.
4. Players covering away from the puck.

There is constant transition of game playing roles and game situations offense, defense, loose puck.

Description:

1. Play 2 on 2 for 20 seconds.
2. Leave the puck in the zone on a whistle.
3. Players must clear the zone before the next players come on.
4. Each team shoots on only one net.
5. Keep score.
6. Add modifies rules that require certain skills to be used.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101221142814546>

<https://youtu.be/qYY9ZMCpruw>

