

## D400 - Two Net 1-1 in Two Circles - C U18 F

### Key Points:

In a tight area practice role one, individual offensive skills in a 1-1 and defender work on role 3 individual defensive skills. Protect the puck and try to score. Defender stay on net side with stick on the puck. Short shifts.

### Description:

1. Two nets on goal line aligned with dots.
2. Alternate red then blue play offense and defense.
3. Extra players stand around circle and keep puck in play passing back to attacker.
4. Coach pass to attacker to start and when puck out of play.
5. Option stand red-blue-red blue and pass with the attacker or teammate.
6. 15' shifts.

### D400 - Two Net 1-1 in Two Circles - C U18 F

<https://youtu.be/ABIOJQCXSbY>

