

TD400 Specialty Team Scrimmage

Key Points:

Rotation is Attack-Defend-Rest. Number the players so they know when to not defend. In even numbered situations you can require the defenders to breakout into the neutral zone before passing.

Description:

1. Power play attack vs 2 F and 2 D.
2. Defenders ice the puck and rest.
3. Group waiting at far blue attack.
4. Original attackers now defend 1 short.
5. Goalies rotate in.
6. Create any situation by changing the number of attackers or defenders.
7. Even strength can also be practiced.

*Option is to have waiting players breakout from behind the goal line and do a pk forecheck.

