

D200 - 2 on 1 x 2 Race to Score – Pro

Key Points:

Two on one contests. The attackers must get open, pick, shoot, pass etc. to score and the defender must realize it is really a 2 on 2 and cover the attack or pass to the most dangerous player and give the other attacker to the goalie. Lots of talking on defense.

Description:

1. Play a 2 on 1 at each end.
2. Blue attack at one end and Red at the other.
3. The first team to score gets one point.
4. Switch the players after a goal is scored.
5. Contest is to see who can score 5 goals first (or some other total)

*Making the 2-1 a game gives urgency to the attackers to score and the defender to battle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130910140300583>

