## D200 - Nets Back to Back Random Situations - U18 F

## **Key Points:**

Make plays. Goalie work to see the puck all the time. Read the situation. Keep score.

## Description:

- 1. Nets are back to back with extra players along the blue line to keep the puck in.
- 2. Coach calls out how many players from each team from 1-1, 1-2, 2-2, 2-3, 3-3, 3-4, 4-4.
- 3. Play 20-30" shifts with shorter shifts with small numbers.
- 4. New players can't go in until the original group is over the blue line.
- 5. Pass the puck to your players coming on at the whistle.
- 6. Coach put in a puck to start, after a goal or it is out of play.
- \* Add modified rules that practice good habits or skills.

http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170117121204888 https://youtu.be/8BEuQ8jEcz4

