

D200 3 on 3 With 3 Pucks

Key Points:

- Players can only shoot when the goalie is ready.
- No empty net goals.

Description:

1. Players line up outside the blue lines.
2. Coach shoots in 3 pucks.
3. Players race for pucks and battle to score and defend.
4. Hustle out of the zone on the whistle and play 20-30 seconds only.
5. Leave the puck in the net after a goal is scored.
6. Coach shoots in another puck when a goal is scored.
7. Count the pucks in the net after to determine the winning team.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201110060922424>

