

D202 - 3-3 One Touch Game – MRU

Key Points:

Players make one touch passes and take one touch shots. Adjust the body into a solid athletic position to make the plays. Stick on the ice and be square to the puck.

Description:

1. Nets across from each other at each end of a circle.
2. An offensive player on both sides of each net and a player in the middle on the defensive side.
3. Extra players stand at the sides.
4. Coach put in a new puck when needed.
5. Players make one touch passes and take one timer shots.
6. Play 30-40" then rotate new players in.
7. Keep score and play to a score or for a defined time.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2017022311053961>

<https://youtu.be/4lggHsneFZQ>

