D200, 2 on 2 + 1 with Jokers on the Side - Pro

Key Points:

Get open on transition to offense and cover pass receiver on transition to defense. Goalie control rebounds.

Description:

- Cross ice game of 2-2 with one Joker from each team on the side. Extra players on the blue line keep the puck in. Rotation is: Jokers activate with one new player and the second new player becomes a Joker.

Organization

- Play 15-25".
- Pass to the teammate in the middle who can only shoot or pass.
- Defense ignores joker and covers the pass receiver.

Game works on offensive (role 2) and defensive support (role 4) and has intense battles.

This game is the basic template and the coach can modify rules like only forehand passes, only saucer, only one timers, maximum 2" with the puck, only one pass, backward skating only, in other words any skill can be isolated.

http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012111918004655

