

DT400 - Pass to Point on Transition – Pro

Key Points:

Transition quickly from offense to defense. Work on individual and team offensive and defensive skill.

Description:

1. Play 3 on 3 at one end and both teams have a Joker at the point.
2. Transition to offense by passing to your Joker at the point.
3. Joker can pass or shoot but not skate in with the puck.
4. Switch every 30".
5. Use modified rules to isolate the skills to work on.

*Focus on offensive team skills like the cycle or defensive zone coverage.

*Keep score and use this game to play tournaments.

*Play from 1-1 to 3-3.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150525222000300>

<https://youtu.be/14OK-Lpz0Tw>

