

D4 Two Pass

Key Points:

My favorite game to warm up the players at the start of practice. The quicker they make the passes after regaining the puck the more scoring chances they produce. If you look on the video's my son and I are playing this game with Dany Heatley and Jamie Huart as they prepare to go to Europe for the World Championships.

The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111005184904487>

