## 10 Puck Relay:

## Description:

-Coaches have 10 pucks each
-Players skate around opposite net and come back to goal nearest their line.
-Both sides go at same time
-Players shoot, rebound, then pass to their line.
-Shots that miss net must be retrieved.
-New pucks handed out only after a goal
-First team to score 10 goals wins
-Can also be done 2 v 0

Categories
Scoring
Competitive Games
Drill Title: 10 Puck Relay

| Categories |
| :---: |
| Scoring |
| Competitive Games |

Components :
$\qquad$
Content elements :

| Description | Key Points |
| :---: | :---: |
| 10 Puck Relay: <br> -Coaches have 10 pucks each -Players skate around opposite net and come back to goal nearest their line. <br> -Both sides go at same time <br> -Players shoot, rebound, then pass to their line. <br> -Shots that miss net must be retreived. <br> -New pucks handed out only after a goal <br> -First team to score 10 goals wins <br> -Can also be done 2 v 0 |  |
|  | Heads Up |
|  |  |
|  | Hit Net |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |



