

D500 Nets Back to Back – One Goalie

Key Points:

Goalie must quickly defend the open net. Players must transition right away from offense to defense and defense to offense. Extra players on the bench.

Description:

1. Play from 1-1, 1-2, 2-2, 3-2, 2-3, 3-3.
2. Each team shoots on one net.
3. Pass to team mates on the whistle.
4. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120416224928657>

