D200 With Players Joining After a Give and Go

Key Points:
Pass hard and get open for a return pass.

Description:
1. Players are lined up either in two lines or along the blueline.
2. Coach dumps the puck in to start the game of 1 on 1.
3. When player with the puck give and go passes to a team mate he can join the game.
4. Play for 45-60 seconds before starting a new game.
5. Coach shoot in a new puck if the original puck is dumped out or a goal is scored.