

D400 Offense from Behind the Net - Pro

Key Points:

Offensive player uses the net to protect the puck and faces the play. Move back and forth ready to pass or do a wrap around.

Description:

A. 2 on 1 Contest

1. F1 is behind the net with a puck and F2 battles D1 to get open for a pass.
2. First only allow passing and then either a pass or a walk out.

B. Game with a Joker Behind the Net.

1. Play 4 on 4 with the rule that goals must originate from shots on passes from behind the net.
2. Each team has a joker that must be passed to in order to transition to offense.
The joker is not checked.
3. Play with 2 offensive F in the slot and one D at the point..
4. Man to man defense.
Point Player can jump in.

One video has one Joker below the goal line that both teams pass to. Joker can walk out and shoot or pass.

Point Player Can Jump In

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140901211138357>

<https://youtu.be/RYP--60UGdY>

