

D4 - Two Pass – Swiss U20

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. This video shows the Swiss U20 Team playing 2 Pass as a warm-up.

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. So the game is a template to either use as itself or modify rules to cause the players to do skills or moves within a game situation.

** I add skill rules such as one touch passing, goals on one timers, only back hand passes, only forehand passes, goals must result from plays below the goal line, maximum two seconds with the puck, maximum one second with the puck, goals must result from plays from the point, you must make an escape move before passing, etc. Whatever you want the players to work on within a game situation can be the rule modification for 2 pass.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120313082015545>

<https://youtu.be/6bxJ2Sy79OI>

