

D400 - 2 on 2 - Jokers at Point - Seminar

Key Points:

Players learn to move the puck from low to high. When the puck is at the point skills of Role 2 of getting open, screening on offense and Role 4 covering away from the puck, controlling sticks, sticks in the passing lane are practiced. Mike Johnston is teaching the game in Austria.

Description:

1. Spray paint a box just inside the point. Joker must stay in the box.
2. Coach shoots a puck in and the offensive team must make at least one pass before shooting.
3. On a turnover you must make at least one pass before taking a shot.
4. When the joker has the puck at the point defenders cover one attacker each-not the joker.
5. 20-25" shifts and come out hard on whistle.
6. Leave puck in zone on whistle.
7. Coach put in a new puck on goals or if the puck is shot out of the zone.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110107072634789>

<https://youtu.be/bxQHL8luasc>

