

T2-4 D400 Specialty Team Practice

Key Points:

Closest player must pressure the puck in straight lines from the net out. Skate back when the puck is passed. Stick on the ice in the passing lane. Communicate.

Description:

1. A power play and a penalty killing unit at each end of the ice.
2. The coach passes in a puck from the line or from a face off dot.
3. Controlled scrimmage where everyone stops on a whistle.
4. If the puck is frozen, a goal or it is cleared put in a new puck.
5. After about 45 seconds do the same thing from the other end while the pp and pk units switch at the original end.

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