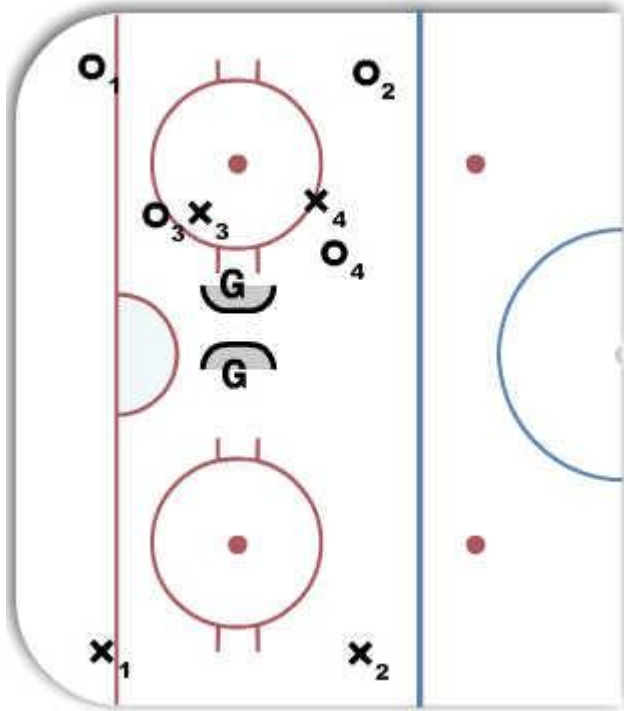


Using the points game



Description

The coach places two nets back to back with 6 feet between them. The game is played 2 vs. 2 with both teams having two designated players on the boards simulating defensemen that they must pass to before they can shoot or go on offense. The two defensemen must pass back and forth at least once before moving the puck to the forwards or offensive teammates. The players playing defense can only defend the forwards and not the two defensemen on the boards. On the whistle, the four players in the middle leave the zone and the defensemen now become the forwards and play 2 vs. 2 in the middle and the four new players jump in to simulate defensemen.

Key Points:

Notes

CONCEPTS

Puck Support, Offensive Zone Play, Defensive Zone Play, Power Play, Line Changes, Transition

FOCUS IS ON DEFENSIVE SIDE OF DRILL