

DT400 One Goal Full Ice Team Play Scrimmage

Key Points:

Practice team play situations with 3 groups. It is best to have one colour for each group. The next group to attack waits at the far end. Practice from 3-3 to 6-5 in a controlled scrimmage mode. Coach can give input while the players wait at the far end.

Description:

1. Red circles attack vs. Blue triangles either even or odd situation. Extra blue on the side if it is on the pk.
2. On a goal, frozen puck or turnover the blue fires it to the other end and forechecks.
3. Purple breakout and attack vs. blue and the red sets up to breakout at the far end.
4. Continue this rotation of ATTACK-DEFEND-SET UP AT FAR END.

