

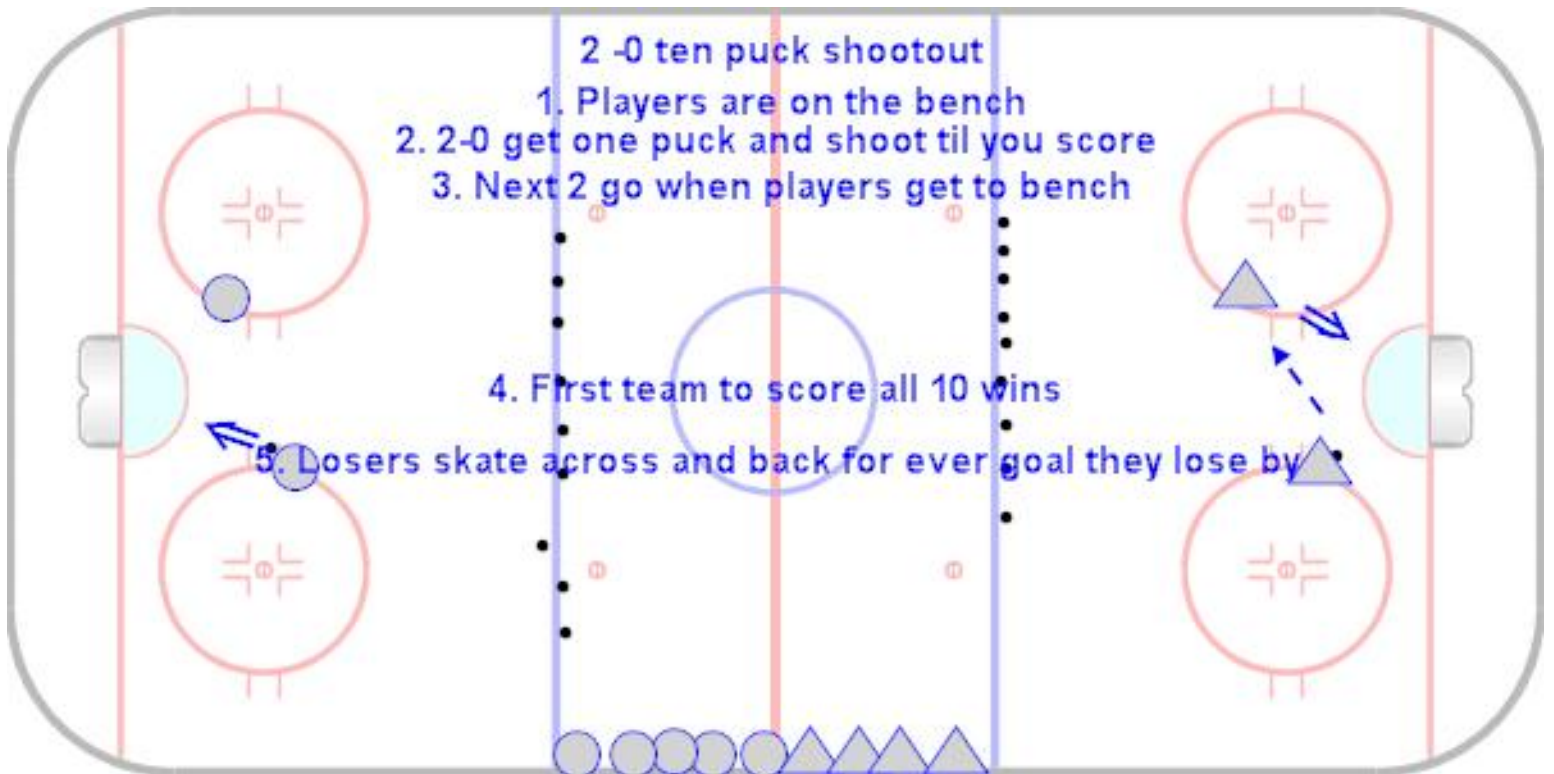
E1 10 puck 2-0 shootout

Key Points:

Allow only one or maybe two passes before shooting. Place 10 pucks on the goal line or less if you don't have much time.

Description:

1. Players are on the bench and can't leave until the scorers get within one stick length of the gate.
2. Race back to the bench hard to simulate changing on the fly.
3. Next two players go and pick up another puck from the blue line.
4. Goalie can shoot the puck away but keep it in the zone.
5. Losing team do something like skate or push ups for each goal they lose by.



SHOOTOUT RACE TO 10 GOALS

1. Players on each bench
2. pucks in the middle
3. Players leave each bench one at a time.
4. Score and get another shot until you miss.
5. Miss and go to bench
6. Onside before next player enters the zone.
7. It is a race to see which team scores 10 goals first.

