

## D200 - Small Power Play Game – U22 W

### Key Points:

All passes and shots are one timers. Follow through at the target and you will hit the net. Play 30-45”.

### Description:

1. Nets are on the outside of the middle circle.
2. Each team has one player in front to their net and a player on each side.
3. Coach pass in a puck and try to score with one touch shots and passes.
4. Play 45” and rotate players.

*\* Move into open passing lanes and have the stick back ready to shoot or pass.*

*\* Keep score.*

### U22 Women

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150103083859374>

[https://www.youtube.com/watch?v=KsJogTcmx6I&index=90&list=PLDa1vIWFCsOKAFFAbBqH\\_GTnbjoy4vkX6](https://www.youtube.com/watch?v=KsJogTcmx6I&index=90&list=PLDa1vIWFCsOKAFFAbBqH_GTnbjoy4vkX6)

### Pro Women

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2015051811084039>

<https://youtu.be/skBqRY3xcf0>

