

## D200 2-2 Shoot Either Net – U18F

### Key Points:

Quick reading the rush and change the point of attack. Need quick feet and quick thinking. Get defenders to commit then change direction. No reaching penalties.

### Description:

1. Two teams on blue line with one at each half.
2. Extra players along the blue line are jokers and they can pass or shoot.
3. Play with only one puck in the playing area.
4. Players can score at either end.
5. Pass to teammate on the whistle.
6. Players skate behind their own net on the whistle.
7. Keep score and leave the pucks in the net after a goal. Coach shoot in a new puck.

\*Alternative is to play from 1-1 to 5-5 with the same rule that you can score on either net.

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