

## D400 – Keepaway 2-3 Pucks - U17

### Key Points:

Battle for loose pucks. Protect the puck with the body and quick fakes and stick moves.

### Description:

1. All the skaters are in the corner, the coaches around the perimeter keep the pucks in.
2. Start by shooting in 3 pucks and play keep-away.
3. Play about 40" and the players without a puck do 5 push ups.
4. Coach now shoots in 2 pucks.
5. Players fight for possession and protect the puck.
6. Repeat with 3 pucks.
7. At the end of each rep those without a puck 5 push-ups.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150820120804450>

<https://youtu.be/K065CLYKUBc>

