

DT400, 4-2 x 2 - Pro

Key Points:

Attackers either skate or move the puck right away when they get it. Defenders have one on the puck and one in front of the net with sticks in the passing lanes. Rotate every 45 seconds. I have posted this game with other groups playing. It is one of those universal games played all over the hockey world. This is a pro group playing.

Description:

1. Two nets on the goal line.
2. 4 attackers and 2 defenders on each side.
3. On a goal puck goes to other side.
4. Defenders pass to the attackers on the other side.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109165330506>

DT400, 4-2 x 2 – Pro <https://youtu.be/lfeSVvP-9h0>

DT400 – 4-2 x 2 – C U18 W <https://youtu.be/XxsQGkfqeDU>

