D100 Two Second Game

Key Points:

Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

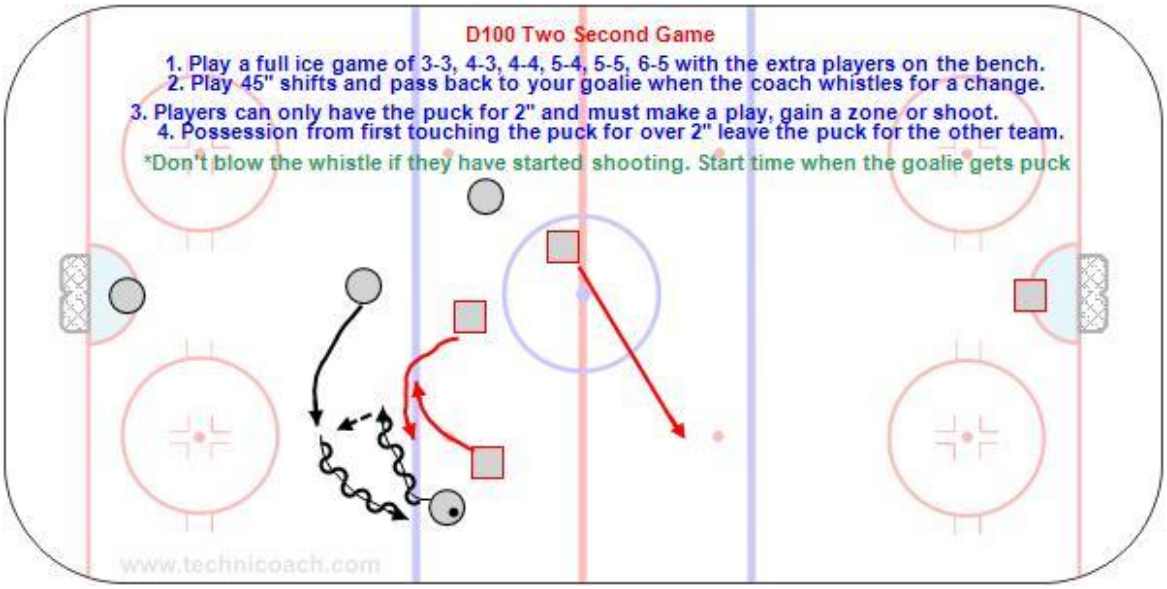
Description:

1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.

2. Play 45" shifts and pass back to your goalie when the coach whistles for a change.

3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.

4. Possession from first touching the puck for over 2" leave the puck for the other team.

5. Encourage talking, facing the puck, always give a target.

*Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have a consequence.