

D4, 1-1, 2-2 Battles-Kazakstan Women

Key Points:

Attacker protect the puck and make dekes and fakes to beat the defender and score. Defender stay defensive side with stick on the puck and body on body.

Description:

1. Coach dump the puck in.
2. Play 1-1, 2-1, 2-2, 3-2, 3-3.
3. Play 15-20" shifts.
4. On a goal or a frozen puck the coach shoot in a new puck.
5. Keep score and have a consequence each time a team is scored on.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20121109161358805>

