

D200 - Active Jokers Each Side 2 on 2 – Pro

Key Points:

Face the puck, communicate, make quick plays, move your feet, rebound, give a target, screen. Each team has extra players as Jokers on one side. Play 1-1 to 4-4 or with uneven or random numbers.

Description:

1. Start 2 vs. 2 with Jokers on each side.
2. Players are allowed to pass to the Jokers.
3. Jokers can shoot or pass.
4. On the whistle two Jokers rotate in from their net end.
5. Shifts of 20-30" and pass to new players on the whistle.
6. Keep score.
7. Coach shoot in a new puck when it is out of play.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2017040810352326>

<https://youtu.be/gz4gkiAgl0k>

