

## DT200 - 2-1 x 2 – Pro

### Key Points:

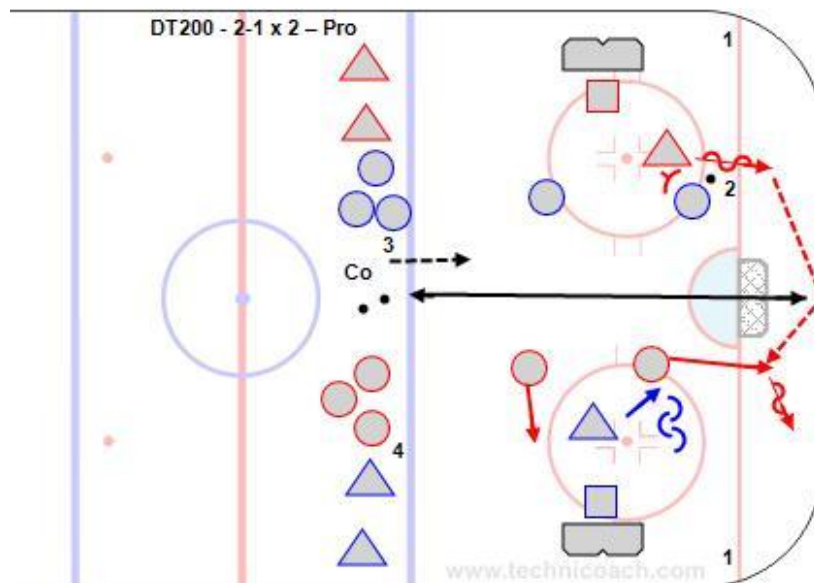
Defender must skate hard to open ice to gain time and space to make an outlet pass and supporting players on the other end must get open. Defender work with the goalie and prevent the puck from crossing the 'Royal Road' and keep the puck to one side of the ice.

### Description:

1. Two reds vs. two blue at one end and two blue vs. one red at the other.
2. This is a one puck transition game.
3. Start with the coach dumping the puck in and have more pucks on goals or the puck out of play.
4. Pass to team mate coming on when the whistle goes.
5. Play shifts of about 30'.
6. Keep score.
7. Either time the game or play to a score, i.e. First team to 3 goals wins.
8. Also play series like first team 2 or 3 wins.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170711121730535>

<https://youtu.be/baFcOU0AmWU>



Another really good contest is a 2/3 ice game from USA Hockey where you must regroup behind your net before attacking.

<https://twitter.com/USAHPDC/status/884568389582303234> American U15 girl's regroup game