

D5 - 3 Small Area Games

Key Points:

It is important to learn to protect the puck and to transition between playing roles quickly. i.e. when you pass you get open right away and not stand there or when you lose the puck you find someone to cover.

- Also hustle out when the whistle goes.
- Pass the puck to the coach or a teammate on the whistle instead of leaving it in the zone.

Description:

Game One; Tight low battles

1. Coach dump the puck in.
2. Players race in and battle for the loose puck and try to score.
3. When defenders regain the puck they must pass to the coach to go onto offense and they practice role 2 getting open and defenders role 4 covering away from the puck. No one checks the coach who is the joker who can shoot or pass back to the team who passed to him.
4. Play 20" and hustle out on the whistle and pass to the coach who dumps it in when everyone is out.
5. This is a great game to work on the cycle and low D zone coverage.

Game Two; Quick Shot Game or Power Play Game

Place the nets on the bluelines (or in a zone if only half ice). It is 3 on 3 with 2 players on each team in the offensive end and one in the defensive end.

1. Coach dumps the puck in the middle and they battle for the puck.
2. Play for about 20" with the coach putting in a new puck on goals or missed nets.
3. Keep score.
4. Rotate new players in on the whistle.

Game Three; Low Battle with Players Joining After a Give and Go

1. Coach dumps the puck in or shoots.
2. Players battle for the puck 1 on 1.
3. Teammates can join the attack when they make a give and go with the active players.
4. Play about 30 seconds.
5. As in all games keep score up to something like 3 for a win and play a 2 of 3 series.

