

D100 - Roles 2 and 4 Specialty Team Scrimmage

Key Points:

Divide the team into two groups and each gets a 5 min. power play with a ref. Great to play other teams in a specialty team game. Play all odd number situations 5 on 4, 5 on 3, 4 on 3. It is also a good method to practice even strength 3-3, 4-4 and 5-5.

Description:

1. Arrange a scrimmage with another team.
2. Take turns with all numerical situations that happen in a game.
3. Suggested rotation with a 3 minute time out before each segment for coach to go thru the team play situation at the bench.
 - a. Ten minute warm up.
 - b. 3 minute time out 5 on 4 for 5 minutes each.
 - b. 5 on 3 each team and then 3' time out.
 - c. 4 on 4 each team and then a 3' time out.
 - d. 5 on 5 each team and then a 3' time out.
 - e. Coaches agree on a situation they want to focus on.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723183918140>

