

D - Games to Practice Skills and Good Habits:

D4 - Three One Zone Games

D4 Three one zone games. Use multiple nets. In this example there were 3 goalies at practice. Have a tournament with one rule for each game and rotate one colour after about 6 minutes.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090802110505180>

D4 - Forehand Passing Only

Play a half ice game with the rule that only forehand passes can be used. This causes the player to loosen the shoulders and turn to see the play before passing. It encourages a much stronger passing technique.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2009080211050757>

D4 – Two Second Game

D4 half ice game with the rule that you can only carry the puck max 2 seconds and goals must come on one timers. This game makes puck support crucial and encourages the puck carrier to protect the puck and look around. It is great [game for](#) offensive skills and defensive coverage. The players must all get onside on transition. More skilled players can have one second only.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090802110504768>

D4 Give and Go [Game](#)

Teach playing principles by using rules in game situations. In this game goals only count after a give and go. The coach has the role of enforcing the rule. A give and go is the cornerstone of effective team play.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090802112347625>

D4 Games with Modified Rules

Games in one zone with passing, shooting, skating rules or rules for good habits.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=200807231720538>

D4 Game with Goals on Plays From Below the Goal Line

Practice cycling and D joining the play with goals originating from plays made below the goal line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723172051625>

D4 Game with Escape Moves

The player must skate hard to open ice to gain time and space. In this game the players have to make an escape move by pivoting or skating backward with the puck. Later the rule is they must take at least 3 hard strides to open ice before making a play. 'GOOD HABITS ARE CRITICAL TO EFFECTIVE PLAY.'

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090802112351405>

D4 Game Variations

At one end the players must get onside on transition and the other end they are playing 2 PASS where the puck must stay in the zone but at least 2 passes must be made before shooting when you regain possession. Once the players understand the basic way the game works the coach can modify rules to encourage skill practice. i.e. only skate backwards.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2009080211050878>

D4 Game Forehand Pass Only

Game in one zone using only the forehand enhances vision and causes the player to play with balance.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723165244782>