

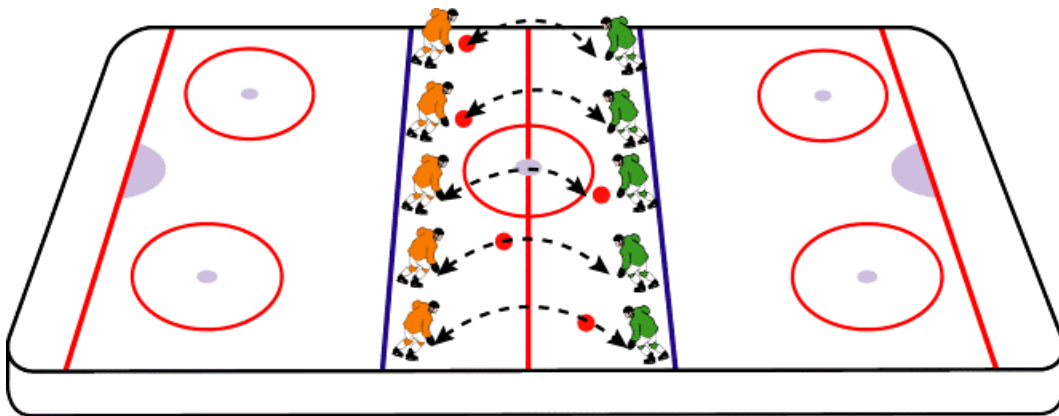
Games from the ABC's of International Hockey

Games to Develop On-ice Agility

CARD 7 – CATCH WITH A PARTNER

Play a game of catch with a partner. Use a ball and stand about 3-5 meters apart. This will stress balance on the skates.

D, ROLE 1

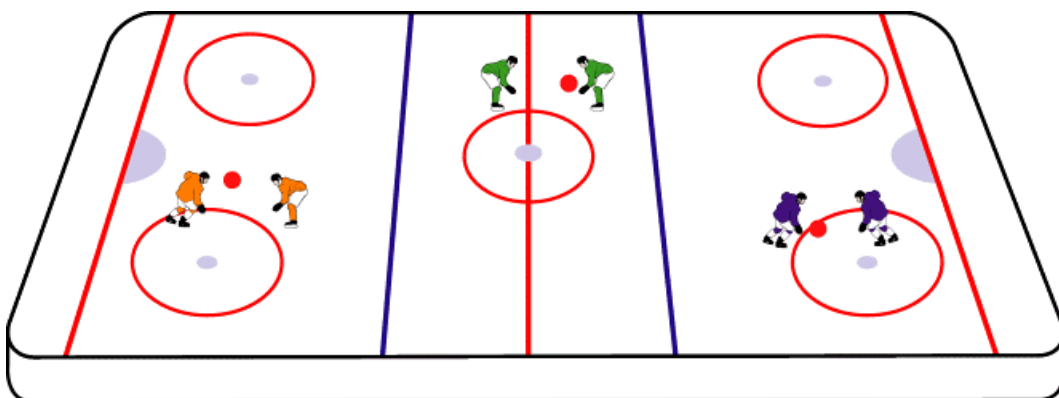


CARD 7b – CATCH WITH A PARTNER WHILE MOVING

Using formation B500, play a game of catch while moving around a small area of the ice. Partners can move anywhere on the ice while throwing and catching the ball. Groups larger than two can be used. This game helps in balance, using the edges, turning, and stopping.

O.D, ROLE 1

[Card 7b Skating: Game of Catch while Moving](#)



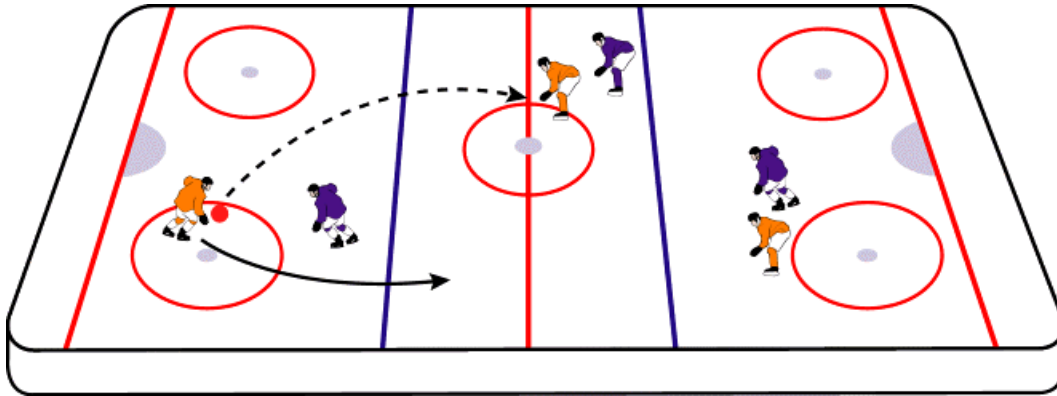
CARD 8 – KEEP AWAY WITH BALL

Players will work in small teams (2 on 2, 3 on 3, etc.) to throw and catch a ball keeping it away from another team. Players may use the entire ice surface. Make sure all players are wearing their gloves so their hands are protected from the skate blades. This

game works all of the skating skills and helps the players develop split vision.

ROLE 1

Card 8 Skating: Game of Keepaway

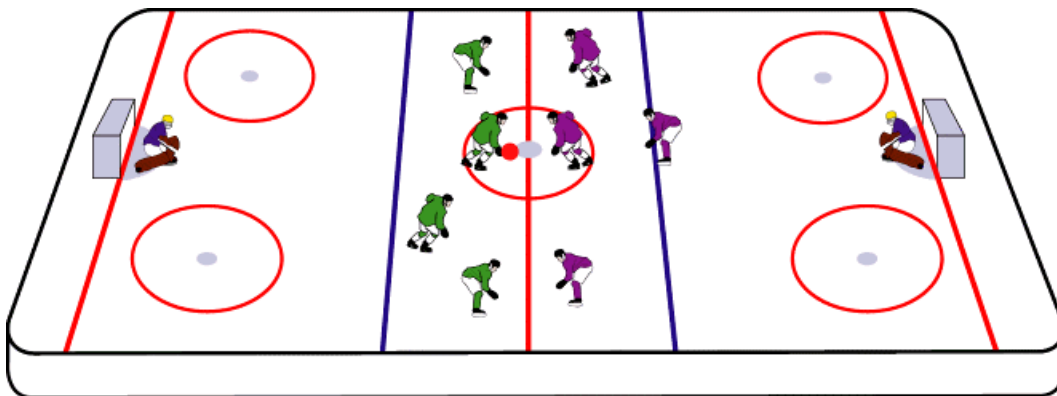


CARD 8b – GAME OF HANDBALL ON ICE

Using regular size nets and any of the D formations, players play games of Handball on ice. If the ball hits the ice, the other team gets possession. Rules may be modified to encourage skating, passing, teamwork, etc. For example: all players must handle the ball before a goal is counted. If available, use the ringette crease with only the goalie allowed in the crease. This game works all of the skating skills and helps the players develop split vision.

ROLE 1

Card 8b Skating: Game of Handball



Games to Introduce Game Concepts and Coordination

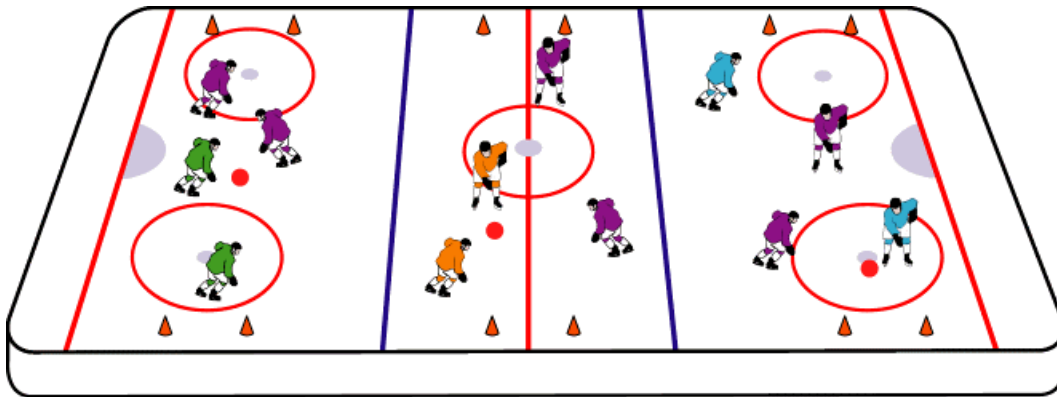
CARD 9 – MULTIPLE GOAL SOCCER

Each player has a pylon and sets them up as goals all over the ice. A player dribbles the ball with her feet and scores at as many pylons as possible in one minute. The coach times the activity

and has 5-7 games of one minute. After each game the coach asks who scored the most goals. Game skills are introduced in this game. Coordination on the ice is the focus.

D, ROLE 1

Card 9 Skating: Game of Soccer Scoring on many pylons

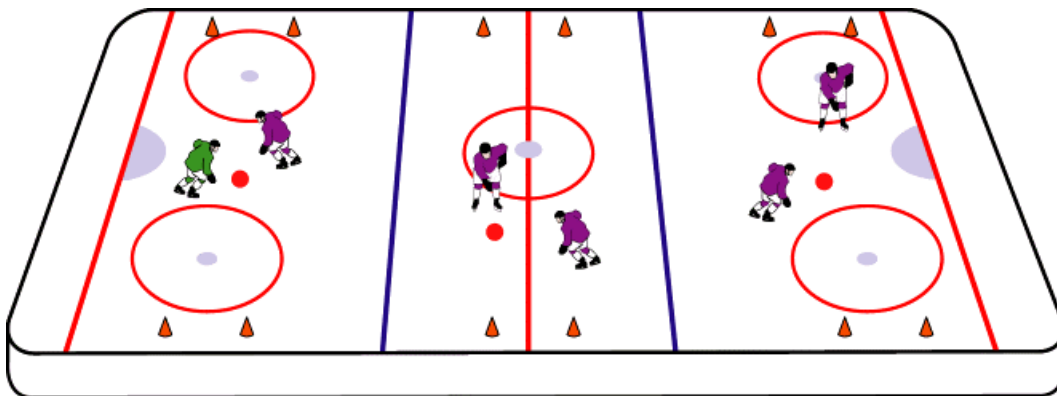


CARD 9b – 1 on 1 CROSS-ICE SOCCER

Players will work in small teams (2 on 2, 3 on 3, etc.) to throw and catch a ball keeping it away from another team. Players may use the entire ice surface. Make sure all players are wearing their gloves so their hands are protected from the skate blades. This game works all of the skating skills and helps the players develop split vision.

D, ROLE 1

Card 9b Skating: Cross ice Game of Soccer



Games that Practice Team Play and Skating Posture

CARD 10 – 2 on 2 CROSS-ICE SOCCER

Using five or six modified rinks with pylons as goals. Play a crossice game with the players in teams of 2. Score by kicking the ball

and hitting the pylon. One pass must be made. Offensive and defensive principles are learned, as well as change of pace skating.

D, ROLES 1 AND 2

Card 10 Skating: Game of 2-2 Soccer



CARD 10b – PYLON HOCKEY

Use a large pylon instead of a stick. In this full-ice game (D1 formation), a goal is scored by pushing the puck over the other team's goal line with the pylon. This game practices keeping the knees bent and head up while skating.

D, ROLE 1

Card 10b Skating: Game of Pylon Hockey



Games for Agility, Speed and Quickness

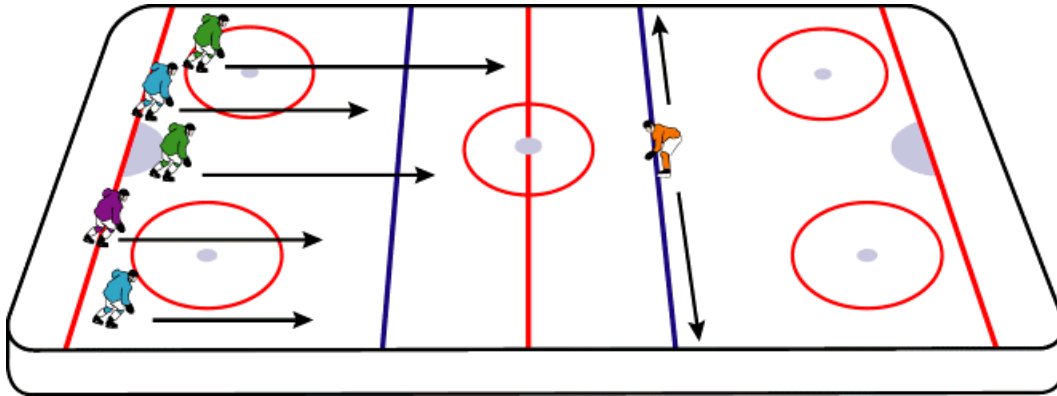
CARD 11 – BRITISH BULLDOG

This game has the players line up at the end of the rink in the A2 formation. One player (who is 'it') is at the blue line and calls out 'British Bulldog'. The players try to skate to the other end without being touched by the player at the blue line. If you are touched,

you join the player who is calling British Bulldog. To be good at this game the player must turn quickly, change speeds, and be agile.

D, ROLES 1 AND 2

Card 11 Skating: British Bulldog

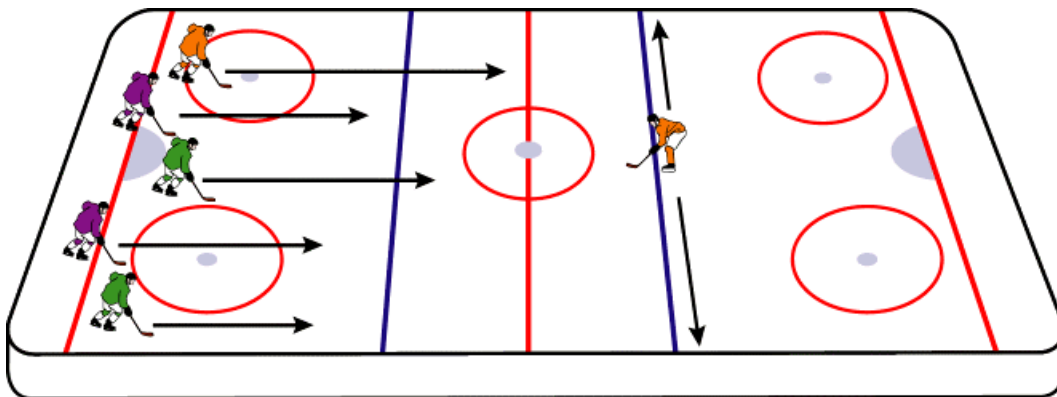


CARD 11b – BRITISH PUCK DOG

This game has the players line up at the end of the rink in the A2 formation. Each player has a puck. One player (who is 'it') is at the blue line and calls out 'British Puck-dog.' The players stickhandle the puck, trying to get to the end, without being checked. If a player loses the puck, she becomes 'it' and is in the middle checking. The last player with a puck wins.

D, ROLES 1 AND 3

Card 11 b Skating: British Puck Dog



Games for Agility on Skates and Bending the Knees

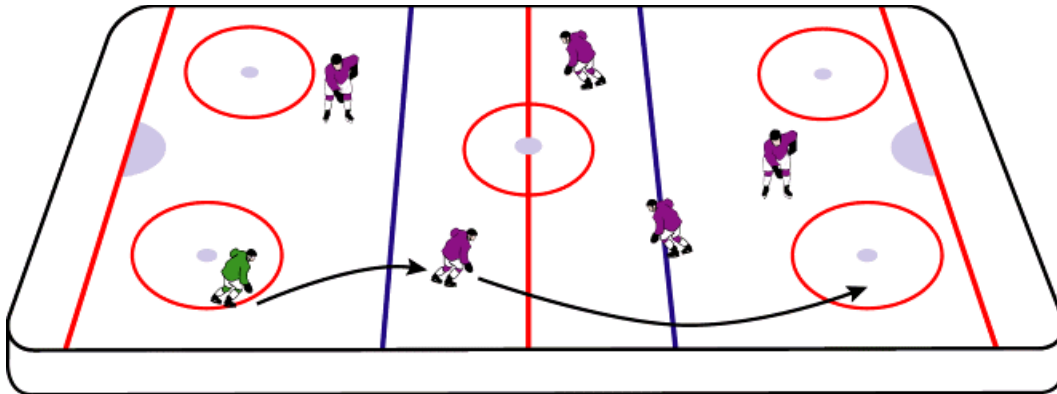
CARD 12 – FREEZE TAG

Players may use the entire ice surface (or a smaller area) to skate freely. One person is it and will attempt to tag the other skaters. When a player is tagged, they must stay (freeze) where they were

touched. To be freed, another free player must slide on her stomach between the frozen players legs. Players should not slide from behind a frozen player, as this may lead to serious injury. Make sure all players are wearing their hockey gloves. This game uses all skating skills, especially agility on skates.

D, ROLES 1 AND 3

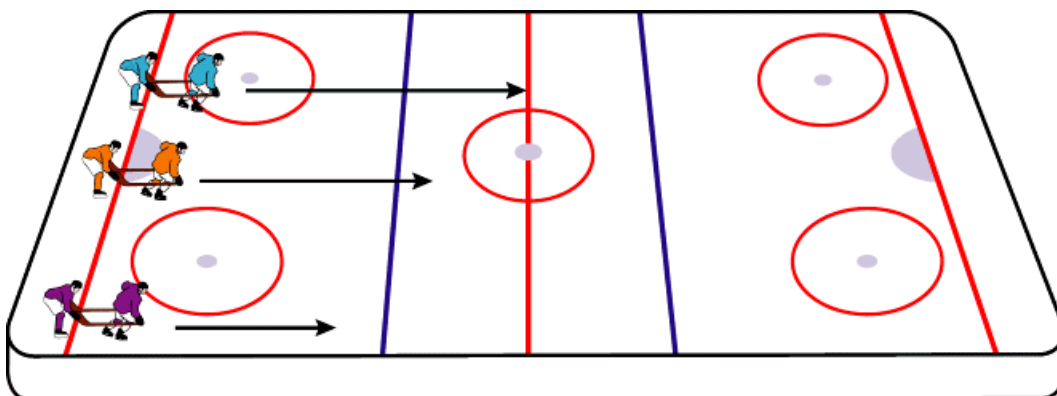
Card 12 Skating: Game of Freeze Tag



CARD 12b – PULL KNEELING PARTNER RACE

Using formation A2 players get in partners at one end of the ice. The players hold one stick in each hand and pull a partner one length of the ice. At the other end, the partner pulls the first skater back. Stress bending knees and toeing out. This activity causes the skater to toe out, using more of the skate blade and a longer stride.

D



Games Played Using Full Ice

CARD 19 – D1 BASIC FORMATION

D-coded exercises are the most important part of the teaching

system, because they involve the game itself. The other exercises all lead up to the D exercises acting as building blocks for learning how to play in game-like situations.

Teaching points: D1 uses the whole ice with two nets. The model used is the traditional and natural way of learning by playing using "scrimmages", but rule variations enable the coach to use the ice more effectively.

Activity: Play a game of shinny or soccer with all of the players on the ice at once. They score by putting the puck or ball into the net.

D1, BASIC FORMATION

Card 19 D1 Basic Game Formation



D1 Games for good playing habits.

D1 Give and Go Game

D1 Full ice 2-2 or 3-3

D1 Game with Various Pucks

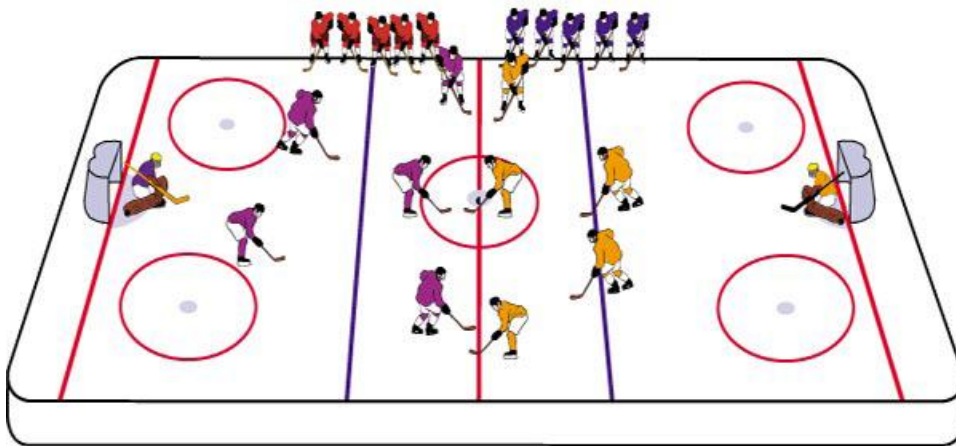
CARD 19b – D100 VARIATION

D100 formation is another formation that uses the whole ice with two nets, however the extra players are lined up along the boards in the neutral zone.

Activity: Play a full ice game with 60-second shifts. On the whistle indicating a shift change the player with the puck passes to a teammate coming into play from the line-up on the boards.

D100, EXERCISE

Card 19b D100 Formation



[D100 4-4 - Pro](#)

[D100 - 5-5 Pro](#)

[D100 4-4 - Pro](#)

[D100 Pro 4-4 Tournament](#)

[D100 At Least One Pass Per Zone](#)

[D100 full ice game for Skill](#)

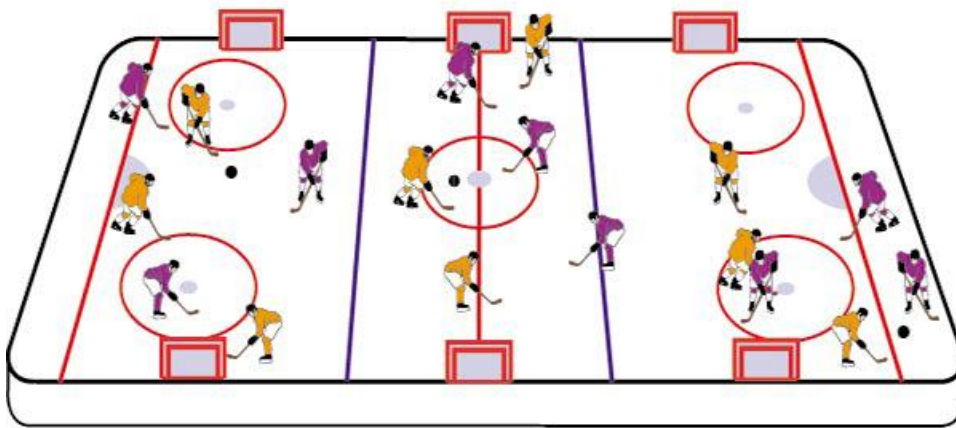
Games Played Across the Ice

CARD 20 – D2 BASIC FORMATION

Games are played cross-ice with nets, pylons, lines on boards, etc. as the goals. Special rules allow the players to practice individual or team play skills in this smaller area. In this formation many game understanding, reading and reacting skills will naturally be developed. This formation encourages creativity and split vision in more realistic situations.

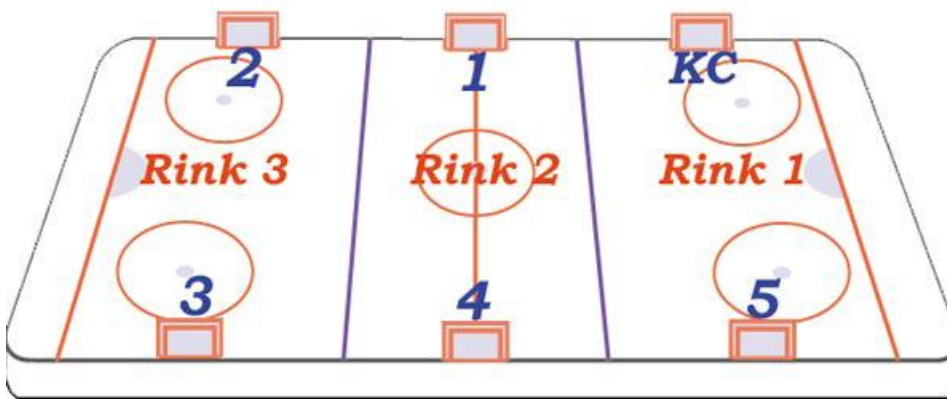
D2, BASIC FORMATION

[Card 20 D2 Basic Game Formation](#)



Activity – King's Court Tournament:

In a King's Court Tournament a number of games are played to determine which team is "King". Use the D2 Formation with six teams playing cross-ice games. (Special rules may be used to emphasize skills covered so far.) Play 5 games of five minutes. At the end of each game have the all the winning teams (from Rinks 1, 2 and 3) go to the same side of the ice, thus occupying areas 2, 1, and KC. While the team in the King's Court (KC) area does not move, the other teams make a clockwise rotation. The team in area 1 goes to 5, 5 to 4, 4 to 3, 3 to 2, and 2 to 1. Thus teams must win two games in a row before they are able to challenge the team occupying the King's Court (KC).



D2 - Only 1 pass Allowed Receiver must score

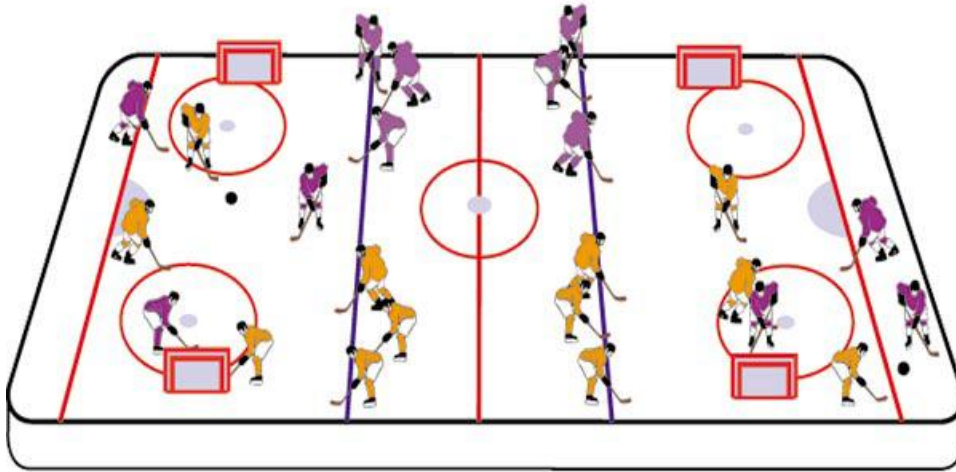
CARD 20b – D200 VARIATION

D200 formation is similar to D2 basic formation except the extra players line up along the blue line.

D200, EXERCISE

Card 20b D200 Game Formation

Activity: Play cross-ice games to experiment with the formation. Play with 60 second shifts; on the sound of the whistle the player with the puck passes to one of their teammates coming into play from the blue line. Add rules about skating; like only backward skating allowed, or any other skill that has been practiced so far.



D200 1-1 high and low with joker

D200 - 3 on 3 - Pro

D200 3-3 - Pro

D200 - Small 1-1 with 2 Jokers - Pro W

D200 Tight 2-2 - Pro

D200 2-2 Add Players with Give and Go - Pro W

D200 Straight on Angling Game

D200 Game 1-1 to 3-3

D200 The Time Machine Game

D202 - 3 on 3 Keepaway in Neutral Zone - Sw

Games Played Across and Lengthwise

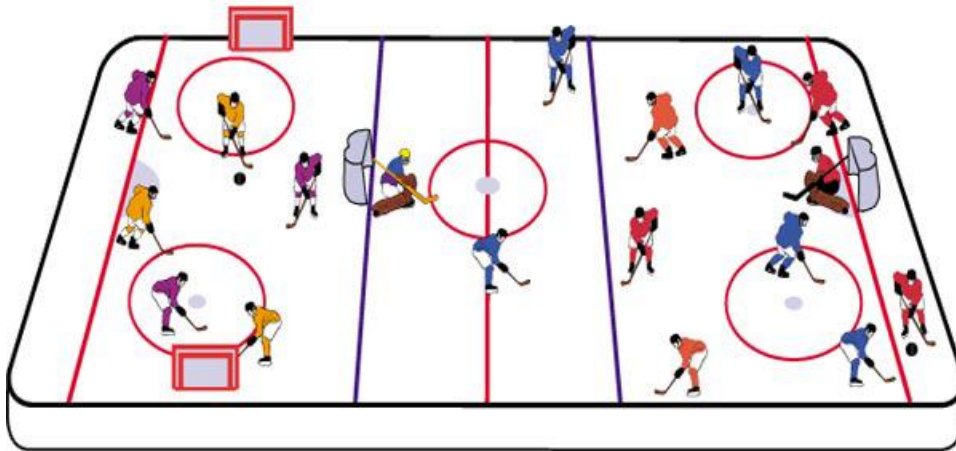
CARD 21 – D3 BASIC FORMATION

In the D3 formation, the ice surface is divided into a full ice game across two zones and a cross-ice game at one end. This formation is very useful if the skill levels or size of the players vary. More advanced players can use D1, while the others play in D2 formation. This formation is very helpful when one end is needed to practice skills that don't have much movement. The game can go on in two zones, techniques can be taught in the third zone.

D3, BASIC FORMATION

Card 21 D3 Basic Game Formation

Activity: Teach the formation by playing two games using the D3 formation. Have the players rotate and play in the different areas.



D3 Skill Games

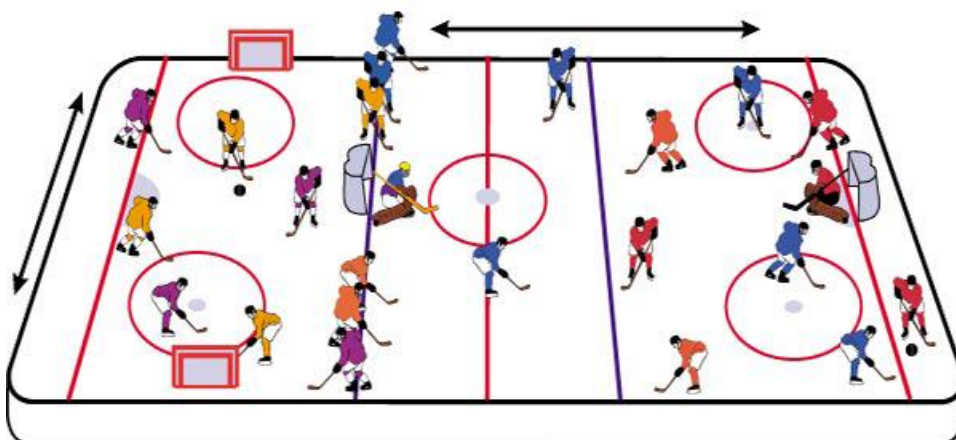
CARD 21b – D300 VARIATION

D300 formation is similar to D1 and D2 formations except the extra players are lined up either on the boards or the blue line.

D300, EXERCISE

Activity: Use the D300 formation and time shifts of 60 seconds. When the coach blows their whistle for a shift change the player with the puck should pass to a teammate coming into the play.

Card 21b D300 Formation



Games Played Using One Zone or Half the Ice

CARD 22 – D4 BASIC FORMATION

In the D4 formation the players either use one third or one half of the rink and both teams shoot on the same net as in half court basketball. In order to go onto offence the defense must carry the puck over the blue line and then turn back into the zone. If half of the rink is available the defense must carry the puck as far as the red line before turning back and attacking. All players must get onside in these games, this rule promotes skating and much more realistic playing situations.

Card 22 D4 Basic Formation

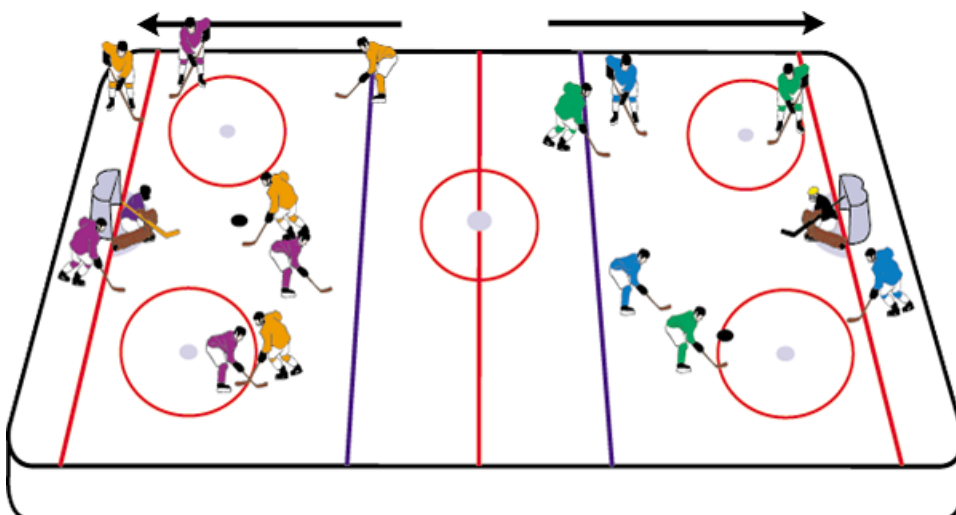
Activity:

20 minutes. Play a 4 team tournament using the D4 formation. Each team plays three five-minute games.

Game One Game Two Game Three

1 vs 4 2 vs 4 3 vs 4

2 vs 3 1 vs 3 1 vs 2



D4 - Low Slot 4-4 - Pro

D4 Game Forehand Pass Only

D4 Game Variations

D4 Game With Escape Moves

D4 Game With Goals on Plays From Below the Goal Line

D4 Games with Modified Rules

D4 Give and Go Game

D4 Clear Zone to Attack

D4 – Two Second Game

D4 Active Jokers D Can Jump In - U15

D4 Active Jokers at Point Must Shoot - U15

D4 Bago 1 second game

CARD 22b – D400 VARIATION

In the D4 formation the players either use one third or one half of the rink and both teams shoot on the same net as in half court basketball. In order to go onto offence the defense must carry the puck over the blue line and then turn back into the zone. If half of the rink is available, the defense must carry the puck as far as the red line before turning back and attacking. All players must get onside in these games; this rule promotes skating and much more realistic playing situations.

Card 22b D400

Activity: 20 minutes.

Play a 4 team tournament using the D400 formation. Each team plays three six-minute games. Time shifts of

60 seconds.

Game One Game Two Game Three

1 vs 4 2 vs 4 3 vs 4

2 vs 3 1 vs 3 1 vs 2



[D400 1-1 Battles - HC Dukla](#)

[D400, 1 on 1 Small Power Play Game - Mike Johnston](#)

[D400 - Low 3-3 on Dump-in - Sw](#)

[D400 - 3 on 3 Starting with Face-off - Sw](#)

[D400 - 2-2 with Passes from Below Goal Line - Sw U20](#)

[D400 - 2 on 2 in Corner - Sw](#)

[D400 - 2 on 2 in Front - Sw](#)

Games Played Using All Three Zones

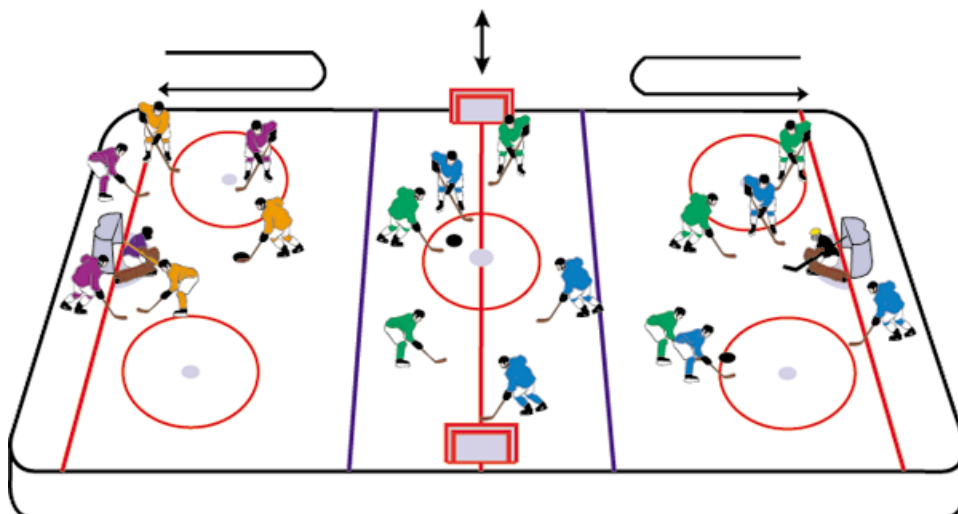
CARD 23 – D5 BASIC FORMATION

D5 formation is the combination of D4 and D2. Two zones are used for playing half ice games where the players must touch the blue line with their skates before going on offence. The neutral zone is used for a cross-ice game.

[Card 23 D5 Basic Formation](#)

Activity: Divide the players into six teams and play five, three minute games. Make sure every team plays in the middle and at one end rink.

Rink Game One Game Two Game Three Game Four Game Five
 End 1 1 vs 6 3 vs 6 5 vs 6 1 vs 4 2 vs 3
 Middle 2 vs 5 4 vs 5 1 vs 3 3 vs 5 4 vs 6
 End 2 3 vs 4 1 vs 2 2 vs 4 2 vs 6 1 vs 5



D5 - 5 games and goalie work

D5 - Skill class SAG with Jokers

D5 Keepaway 5 Pass Rule

D5 Keepaway with Rules

CARD 23b – D500 VARIATION

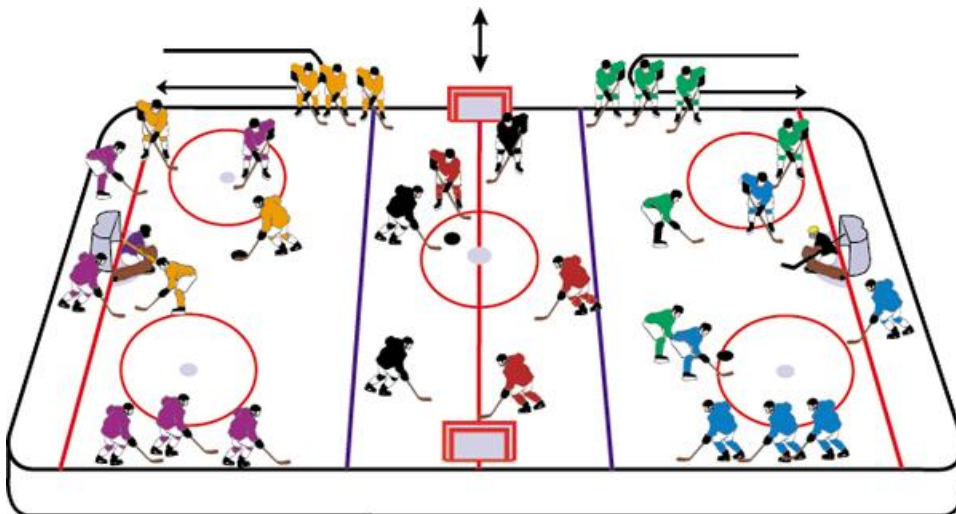
D500 Formation is similar to D5 except the extra players are lined up along the boards near the blue lines.

Card 23b D500 Formation

Activity: Divide the players into six teams and play five fourminute games. Have 60-second shifts, when the coach blows their whistle for a shift change the player with the puck passes to a teammate entering the play.

Rink

	Game One	Game Two	Game Three	Game Four	Game Five
End 1	1 vs 6	3 vs 6	5 vs 6	1 vs 4	2 vs 3
Middle	2 vs 5	4 vs 5	1 vs 3	3 vs 5	4 vs 6
End 2	3 vs 4	1 vs 2	2 vs 4	2 vs 6	1 vs 5



D500 - Small pp game U22 W

Need D6 Formation

D6 Variation 2-Two Passes and All Must Score

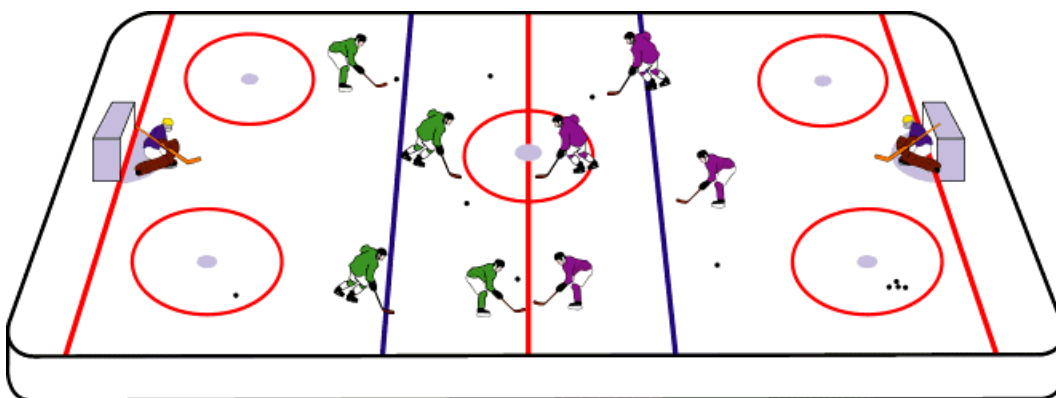
Games Played With Many Pucks

CARD 24 – PLAYING WITH MULTIPLE PUCKS

Playing with more pucks enables the coach to increase the amount of activity on the ice. More game-like situations are created for the players to solve. To keep the game safe, there can be no hitting or slap shots. All players should keep track of their goals. For beginners you can use many pucks and ask them to score as many goals as possible. After a while you ask how many goals each player scored, if the goalie is making a save the puck carrier must protect the puck and wait for the goalie to be ready before shooting.

D1, ROLES 1 AND 3

Card 24 Games Played with Many Pucks



CARD 24b – PLAYING WITH 7 PUCKS

Two teams gather at center and the coach drops 7 pucks. If the goalie is making a save, the puck carrier must wait for the goalie to be ready before shooting (the shooter and the goalie should have eye contact). The first team to score 4 goals wins, and another game begins. Make sure that there are only 7 pucks and the pucks are left in the net after a goal.

D1, ROLES 1 AND 3

Card 24b Game Using 7 Pucks

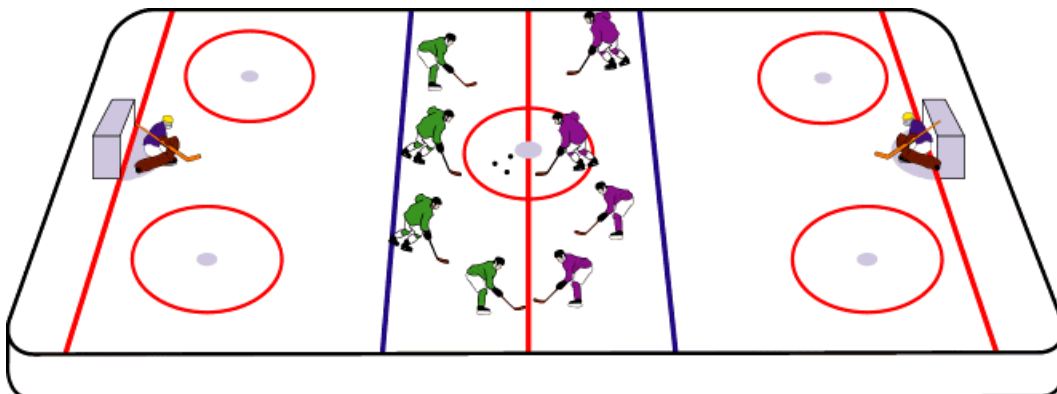


Games Played Using 2 or 3 Pucks

CARD 25 – PLAYING WITH 3 PUCKS

Playing with 3 pucks causes some things to naturally happen. The players must look around with their heads on a swivel so they know what is happening behind them. Some methods are; everyone on the ice, 5-5 with line changes. Keep score and the team that scores twice wins. Next game, start with two pucks, and then one. In order to avoid confusion, only have three pucks on the ice at one time, the extra pucks can be on top of the nets. Another idea is a timed game where the goalie puts the puck back into play after a goal. **D1, ROLES 1 AND 3**

Card 25 Game Using 3 Pucks



CARD 25b – PLAYING WITH 2 PUCKS

Playing with 2 pucks has the same basic purpose in the system as all multi-puck games. The goalie puts the puck back into play after a goal. A good technique is to give a point to the team that scores two goals. Playing with two pucks at more advanced levels is a good read and react exercise when you play situations such as 3-on-3. **D1, ROLES 1 AND 3**

Card 25b Game Using 2 Pucks



Learning the Game

Card 43

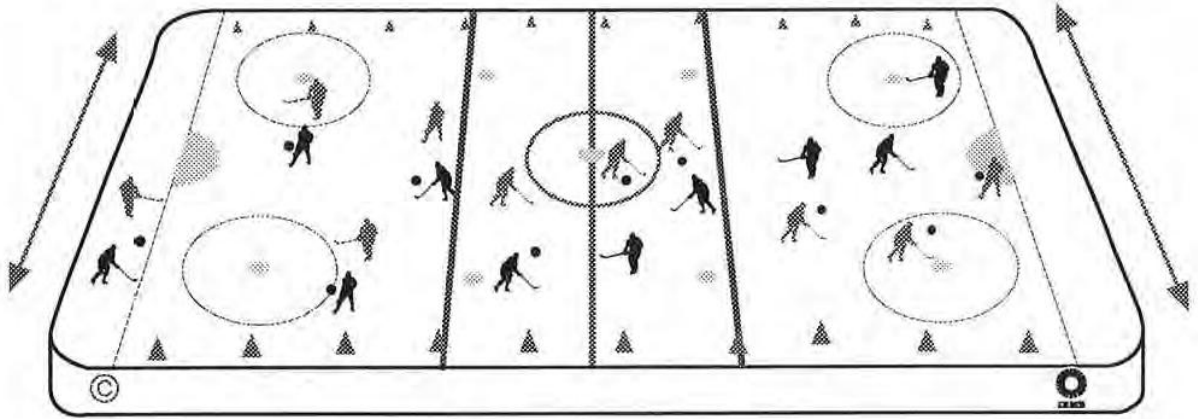
PLAYING ROLES 1 AND 3 IN PRACTICE

A cross-ice game of 1-on-1 is the simplest and

best way to teach the role of the puck carrier (number 1) and the checking player (number 3) in practice. The player either attacks or defends during a 1-on-1 game and the transition from defense to offence and vice-versa is automatically experienced. The players are organized in pairs and play a cross-ice game for 1 minute. When the game ends the players on 1 side of the ice move down 1 goal, with the last player moving to the empty goal at the other end. Play 1 game against each player on the other side of the rink; the players keep track of their wins, losses and ties.

D, ORIENTATION

D2 Teaching Roles 1-3 [card43](#)



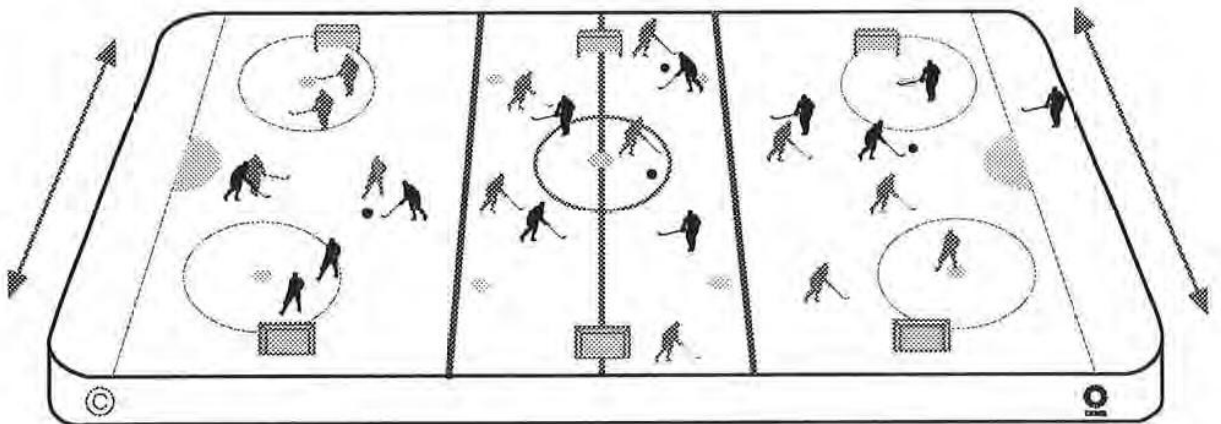
Card 43b

PLAYING ROLES 1-2-3-4 IN PRACTICE

5 cross-ice games. The players experience the 4 playing roles in practice during a 2-on-2 game. The players continuously change their playing roles from puck carrier (number 1) to offensive support (number 2), or closest checker (number 3) to defensive support (number 4). The players are organized in pairs and play a cross-ice game for 2 minutes. When the game ends the players on 1 side of the ice move down 1 goal, with the players at 1 end moving to the empty goal at the other end. Play 1 game against each team on the other side of the rink; the players keep track of their wins, losses and ties.

D, ORIENTATION

[Card 43B, Games to Learn the Game](#)



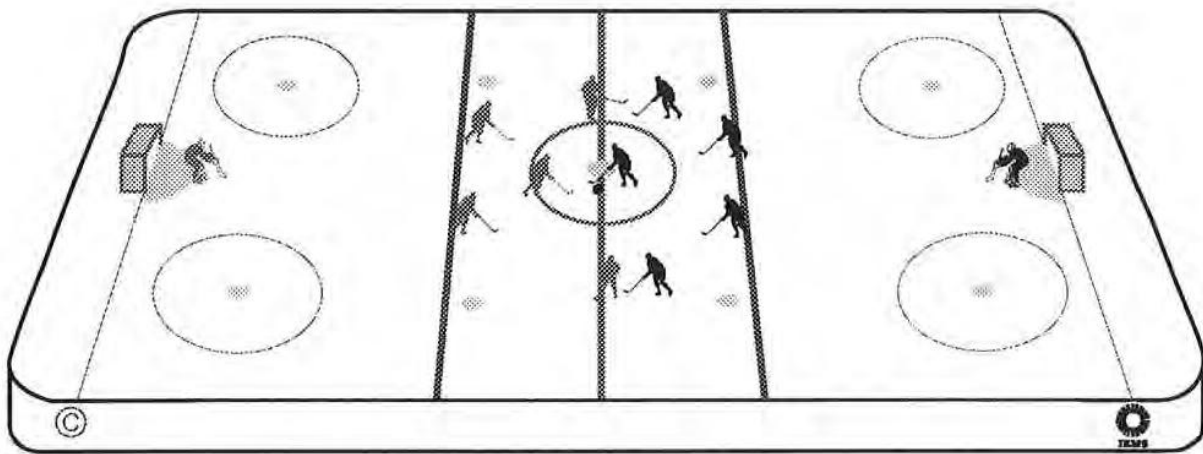
Card 44

THE NUMBER OF PASSES AND LEARNING THE GAME

An effective way to teach the 4 playing roles is to have rules about how many passes are allowed. The fewer passes the more individual play (role number 1 and role number 3). The more passes the more team play (role number 2 and number 4).

D, ORIENTATION

[Card 44, Games to Learn the Game](#)



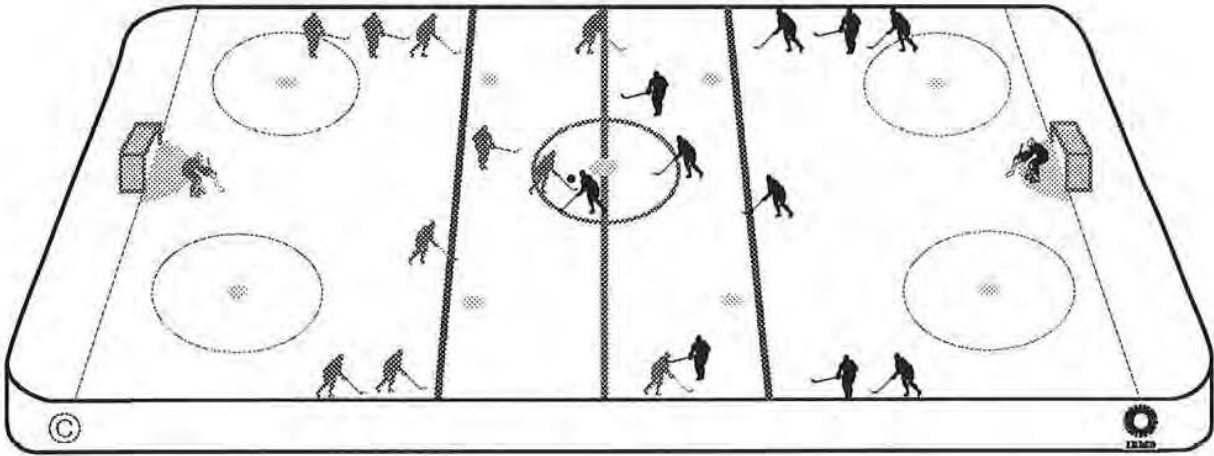
Card 44b

CHANGING THE 4 PLAYING ROLES WITH MORE THAN 2 PLAYERS

When the players understand the constant changing of playing roles in the 2-on-2 games they are ready for 3-on-3 and then 4-on-4 games. These games add the dimensions of the triangle and box in offensive and defensive situations. Play a crossice game in each zone for 2 minutes, then have the teams on 1 side move down 1 goal; the last team go to the empty net at the other end of the rink.

D, ORIENTATION

[Card 44b, Games to Learn the Game](#)



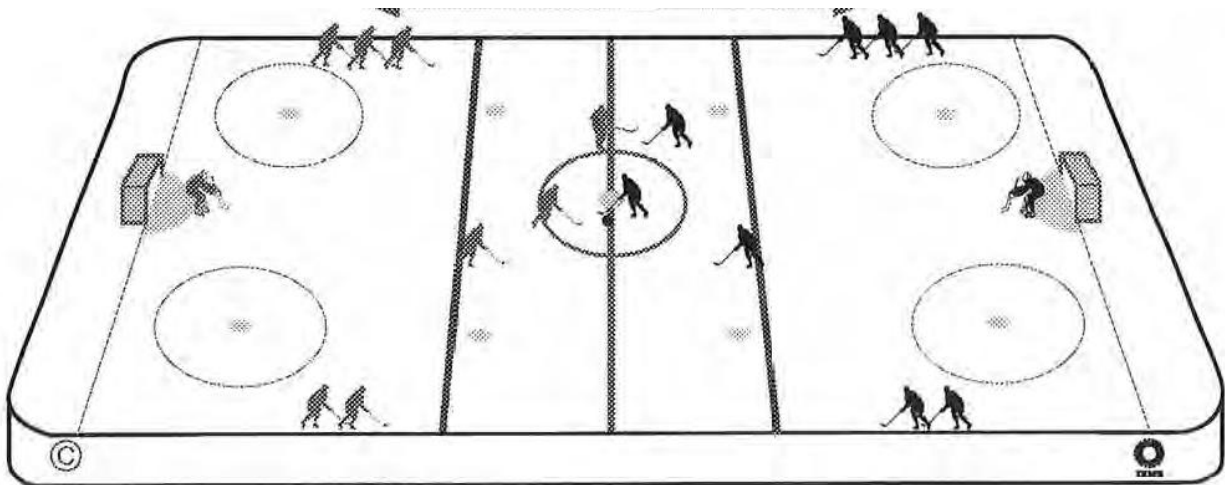
Card 45

FULL-ICE SMALL AND MODIFIED GAMES

Play full-ice micro games of 1-on-1, 2-on-2, 3-on-3 to practice the 4 playing roles in the defensive, neutral and offensive zones. Use modified rules to create the situations that you want the players to practice. These rules can be designed to practice good habits (always face the puck), develop skills (only wrist passes are allowed) or team-play concepts (2 points for a goal scored from a play originating below the goal line encourages offensive cycling and low defensive coverage).

D, ORIENTATION

[Card 45, Full Ice Games to Learn the Game](#)



Card 45b

A HALF-ICE GAME WITH BOTH TEAMS SHOOTING ON 1 GOAL

Play a half-ice game using any number of players.

Individual skills can be isolated in a 1-on-1 game. All

of the 4 roles are practiced in a 2-on-2 game.

Defensive and offensive triangles are used in a

3-on-3 game and a box offence and defense on a

4-on-4 game. 5-on-5 has all of the team-play components.

All even- and odd- numbered situations

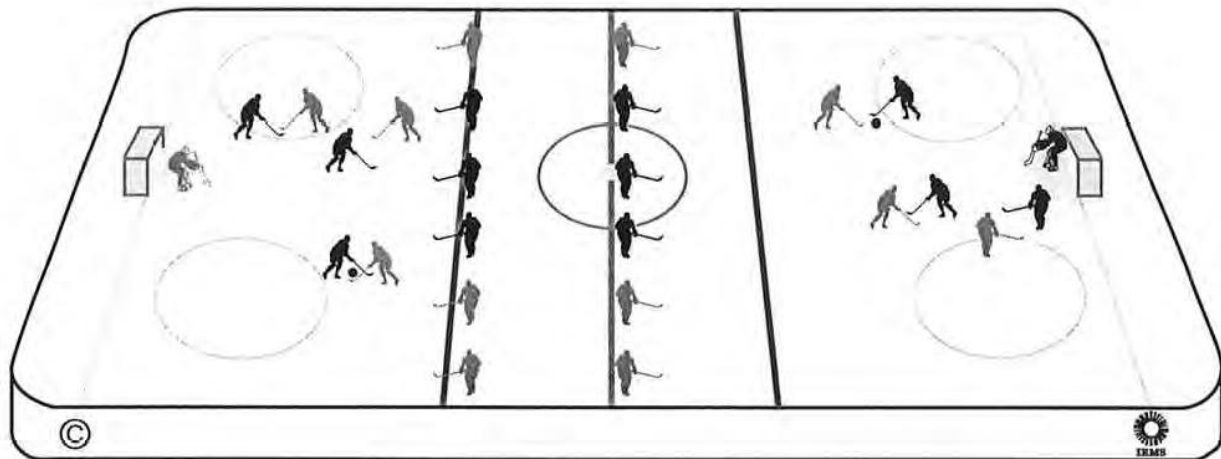
like the power play or the 6-on-5 can be practiced.

Some methods of transition from defense to offence are:

- All players must get onside and the puck carrier must touch the red line before attacking.
- All players must touch the puck before scoring.
- Pass to new players who are waiting in the neutral zone to attack, either against the original attackers or new defenders.

D, ORIENTATION

Card 45b, Learning the Game Using Half Ice and One Zone Games

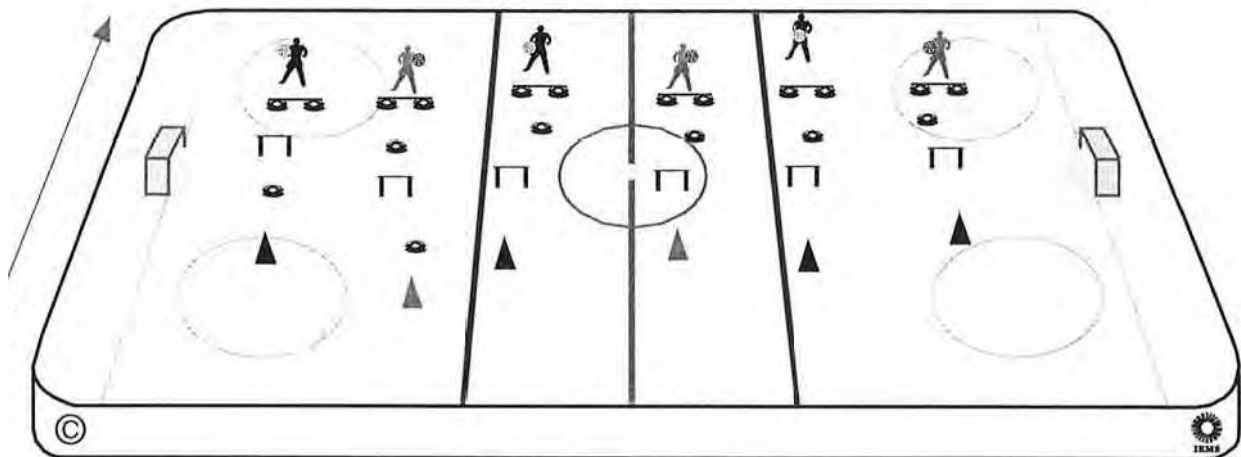


Card 46

GAMES AND EXTRA EQUIPMENT

Small nets, boards to divide the rink, old tires for targets, bars to jump over or skate under, balls and other obstacles are excellent aids to practice hockey skills. Create circuits that use this kind of equipment in order to practice skills. **D, ORIENTATION**

Card 46, Extra Equipment for Skill



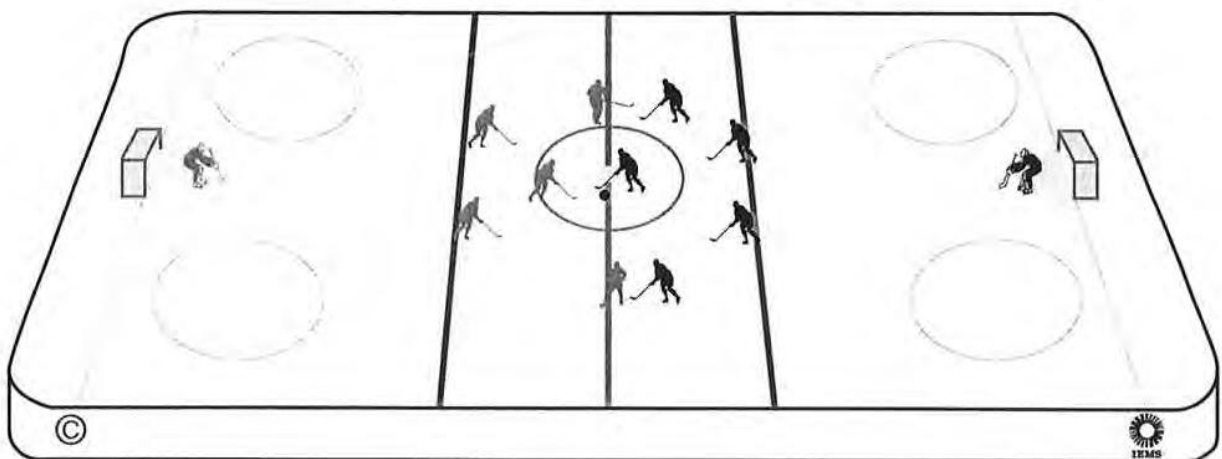
Card 46b

CROSS-ICE GAME STRESSING EYE ON THE PUCK/GOOD POSTURE

A fundamental rule is that the players must always face the puck during a game. Everything that happens in hockey is in relation to the puck. The players must see the puck in order to know their playing role and be able to switch from 1 role to the other. This helps eliminate unnecessary turns and useless skating. At the same time the coach can emphasize the proper skating posture, so that players are always in the ready position.

D, ROLES 1 AND 2

[Card 46B, Cross Ice Game for "Hockey Skating"](#)



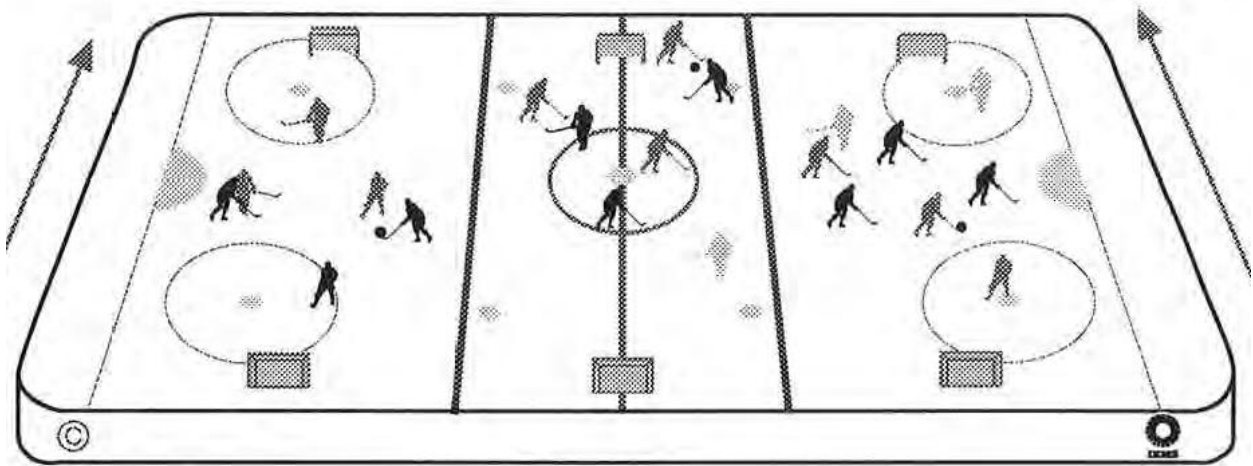
Card 47

GAME USING ONLY THE FOREHAND

Play a game where the puck can be controlled only by using the forehand side of the blade. The game affects not only puck-handling but also the movement of the player's lower body. When the player changes direction he/she must skate around the puck on the backhand side, this causes the hips and shoulders to go in different directions. It is also a good rule for learning to pull the puck toward the skates, to beat a player or prepare to shoot.

3. D. ROLE 1

[Card 47, Games to Teach the Game](#)



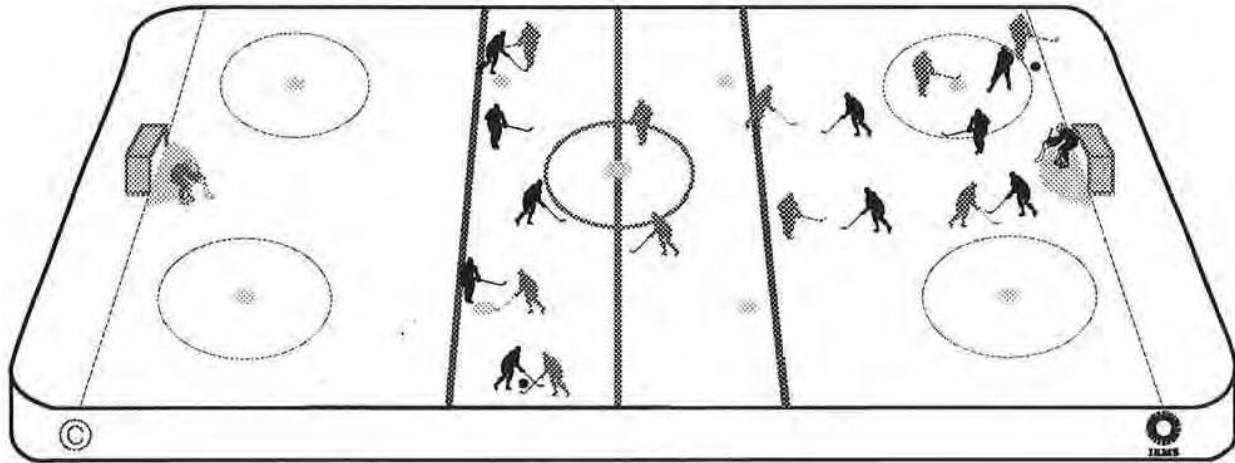
Card 47b

GAME USING ONLY THE BACKHAND

Play a game where the puck can be controlled by using only the backhand side of the blade. The game affects not only puck-handling but also the movement of the player's lower body. When the player changes the direction he/she must skate around the puck on the forehand side, this causes the hips and shoulders to go in different directions.

3. D. ROLE 1

[Card 47B, Games to Teach the Game](#)



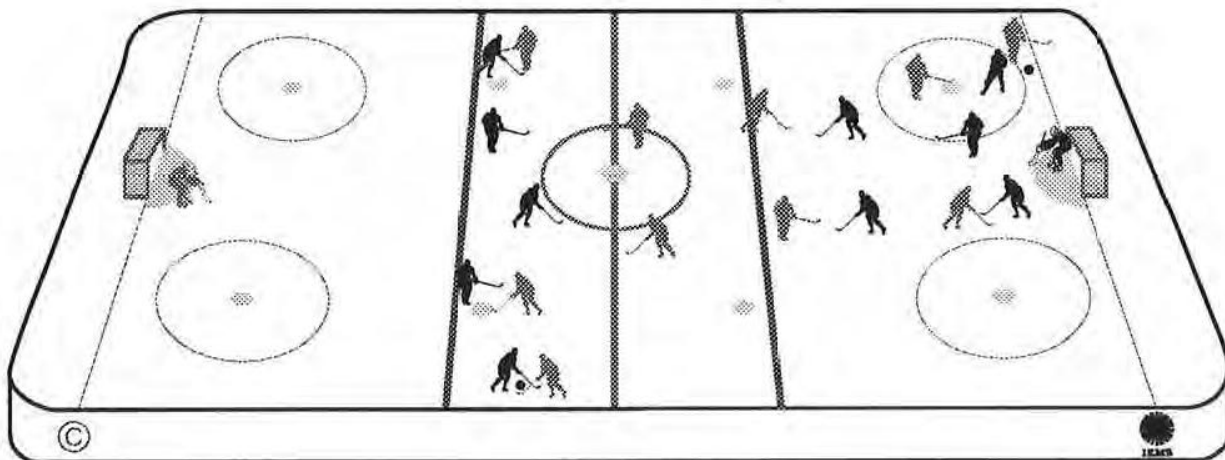
Card 48

GAME HOLDING THE STICK WITH ONLY THE TOP HAND AND PROTECTING THE PUCK

The players are only allowed to hold the stick with 1 hand. This causes them to set up a wall to protect the puck with the body, and skate to open ice away from pressure.

D, ROLE 1: PUCK-PROTECTION SKILL

[Card 48, Games to Learn the Game](#)



Card 48b

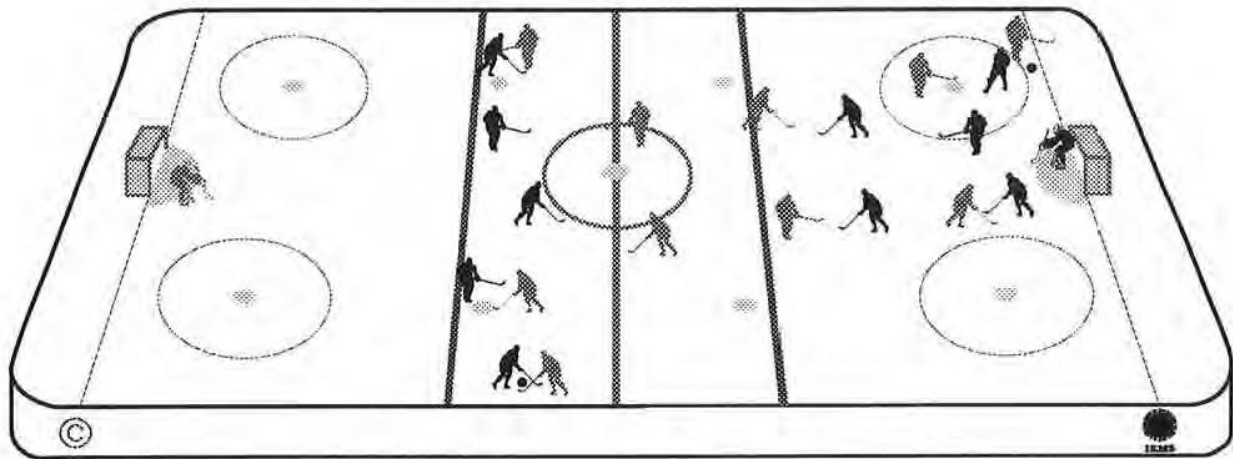
GAME WITH HANDS CLOSE TOGETHER NEAR THE TOP OF THE STICK

Play a half-ice game of 1-on-1. The rule is the hands must be close together at the top of the stick. This

enables the puck carrier to make big moves, roll the wrists and manipulate the puck more easily

D, ROLE 1: STICK-HANDLING SKILL

[Card 48b, Games to Teach the Game](#)



Card 49

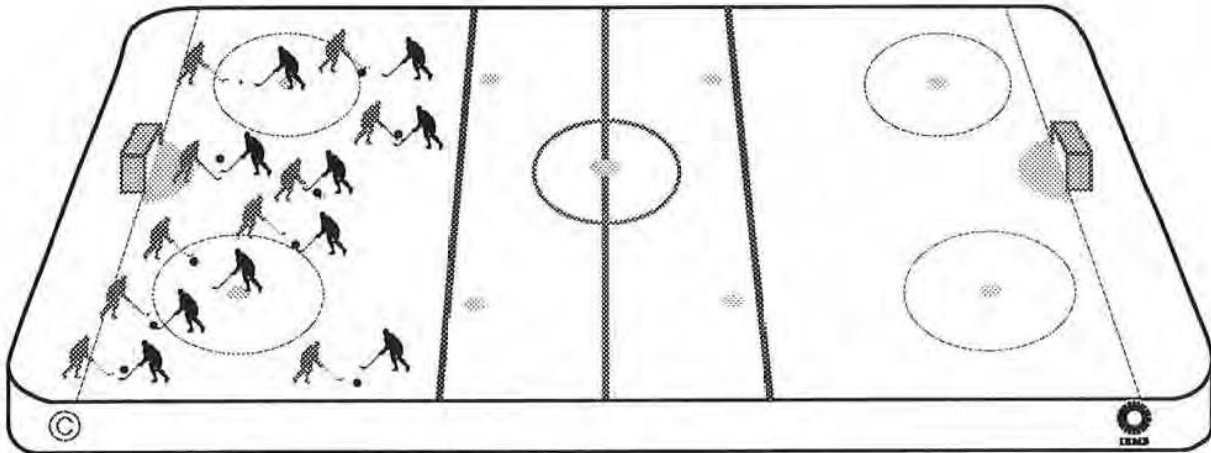
FAST HANDS

Everyone skates with a puck in 1 zone and weaves through the players using fakes and quick hands. On the whistle the players go full speed for 5-7 seconds and then go slower on the next whistle. Move the puck as quickly as possible during the speed bursts.

- Another activity is to have half of the players stand still with their sticks on the ice in front of them. The other players weave in and out making fakes and moves. The active players go fast for 7-10 seconds. They stand when the whistle goes and the resting group is active.

D, ROLE 1

[Card 49, Games to Teach the Game](#)

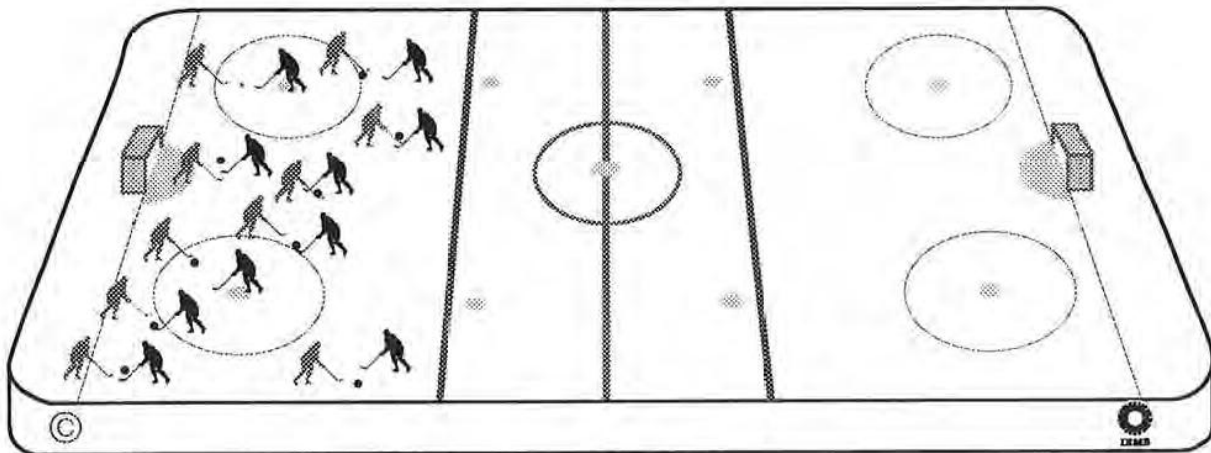


Card 49b

KEEP-AWAY

Play keep-away in 1 zone. The players protect their puck and try to knock other pucks out of the zone. The last player with a puck is the winner.

[Card 49b, Games to Teach the Game](#)



Card 50

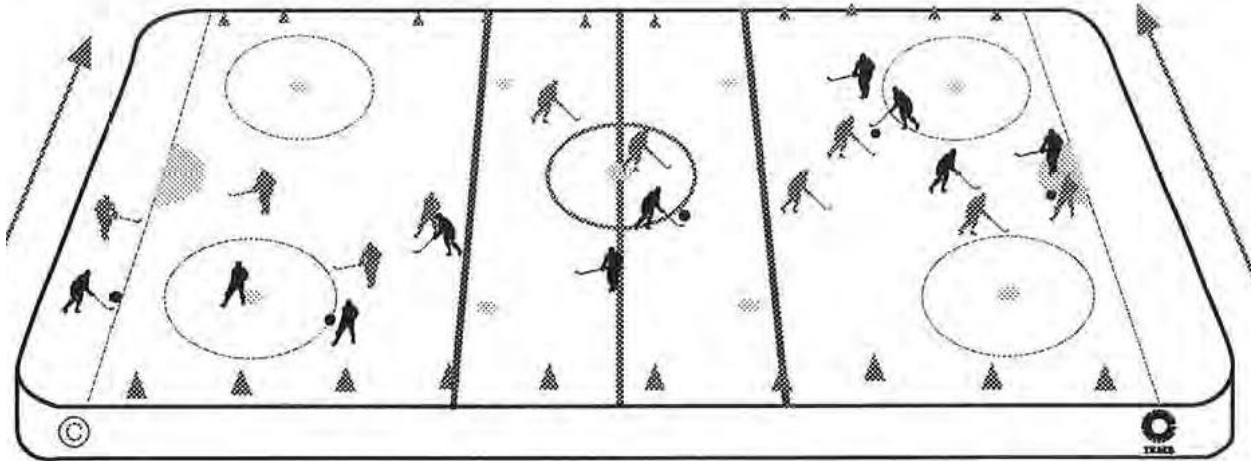
FLAT-FOOTED SKATING

Play cross-ice or half-ice allowing only flat-footed toe-out, toe-in skating, where the blades never leave the ice. This is a good strengthening exercise

and good practice in toeing in and out, as well as unlocking the hips while skating.

D, ROLE 1

Card 50, Games for Skill Development



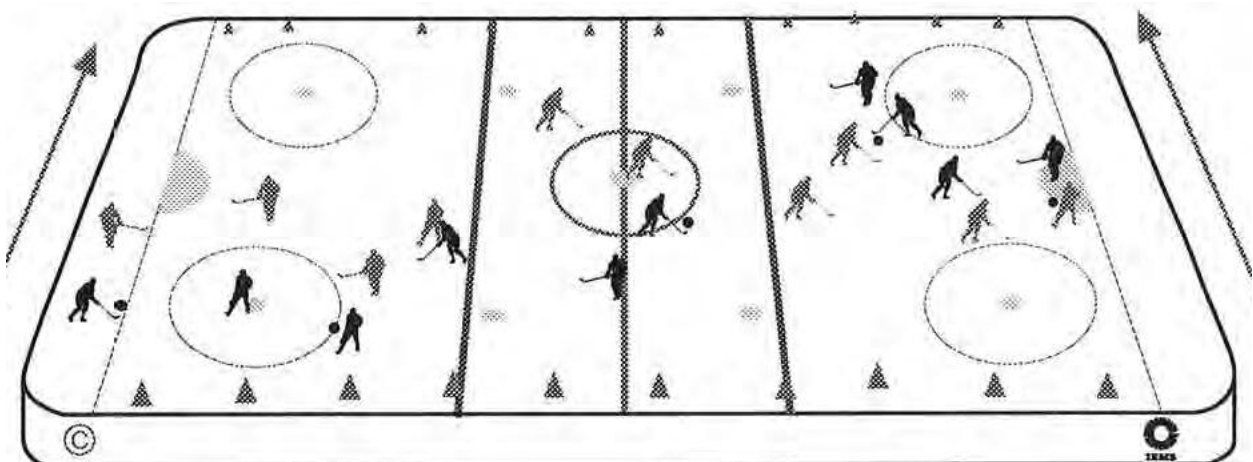
Card 50b

GAME WITH LEGS WIDE APART WHILE FAKING

The player tries to combine the lessons learned in the other games. When he approaches the opponent he should have hands close together, legs wide apart, use head and shoulder fakes and protect the puck with the body. Pressure on the inside edge of 1 skate enables the player to turn very quickly.

D, ROLE 1

Card 50b, Games for Skills



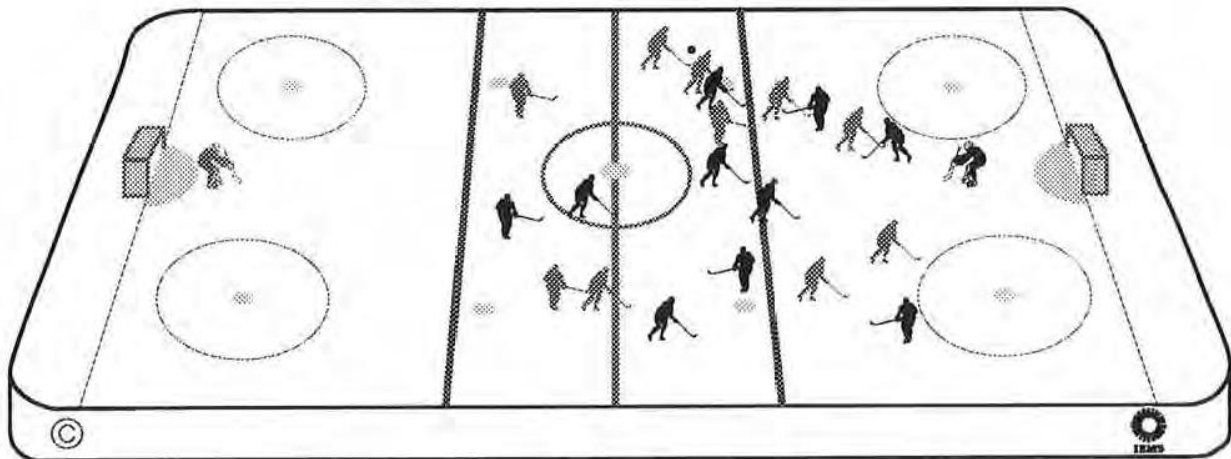
Card 51

“NO-PASSING” GAME OF SHINNY WITH MANY PLAYERS

Play with large teams using “no-passing” rule. The player with the puck must try to score by stickhandling the puck through everyone. This game demands that each player practice the first playing role of the player with the puck, and move his or her feet, pivot, fake, drive-skate to open ice, etc.

D, ROLE 1

[Card 51, Games to Practice Skill](#)



Card 51b

GAME STRESSING THE 4 GAME SITUATION PLAYING ROLES

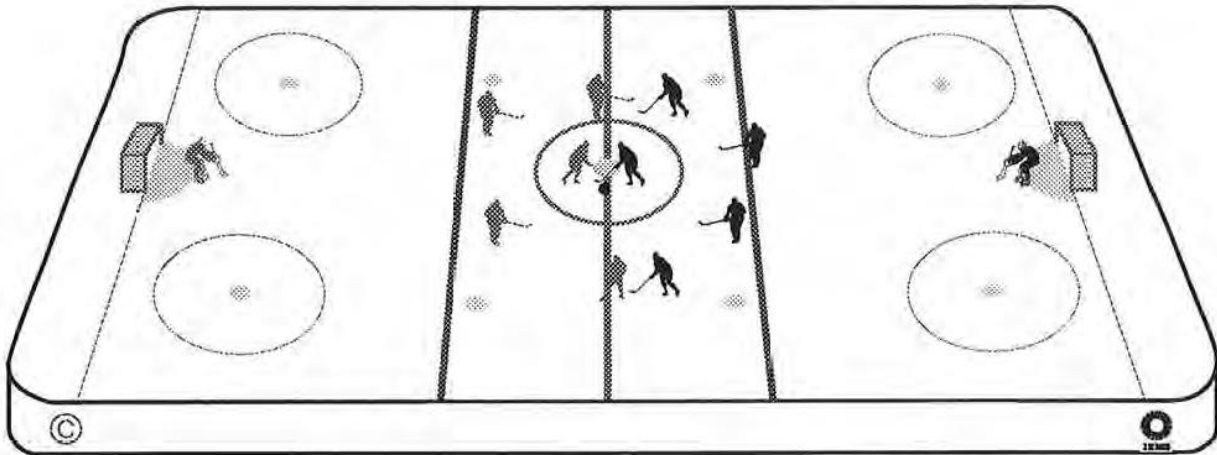
Play a game and remind the players that they always have something to do during a shift:

1. Player with puck.
2. Offensive player without puck.
3. Defender covering puck carrier.
4. Defensive player covering pass receiver.

When a “0” or loose-puck situation occurs the players must consider whether they should think offence or defense first. Always protect against giving up odd-man rushes and give the first player to the puck close support for passes and defensive help.

D, 4 PLAYING ROLES

[Card 51b, Games to Learn the Game](#)



Card 52

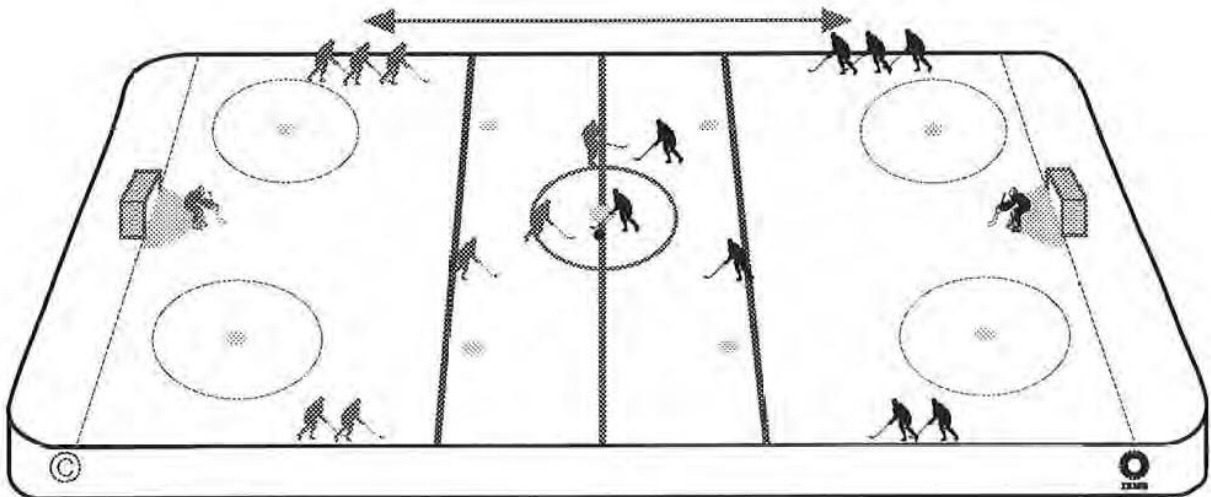
2-ON-2, 3-ON-3, FULL-ICE GAMES

The best way of learning the 4 playing roles is to play 2-on-2 and 3-on-3 games. When playing these full-ice games the normal rules, such as offsides, are enforced. These games with 2 or 3 players on a side make it easy to isolate the individual or teamplay skills that the coach wants to work on. The small groups keep all of the players actively involved and the coach can easily point out the techniques or tactics that are being done properly, as well as those that need to be worked on.

Organize by having the players line up along the boards in the neutral zone or sit in the players' box. The shifts should be 30-40 seconds. Playing in small groups for 30-second shifts is a good way to practice support on offence and defense. Another option is to have the players change on their own when the puck is deep in the offensive zone.

D, 4 PLAYING ROLES

Card 52, Games to Teach the Game



Card 52b

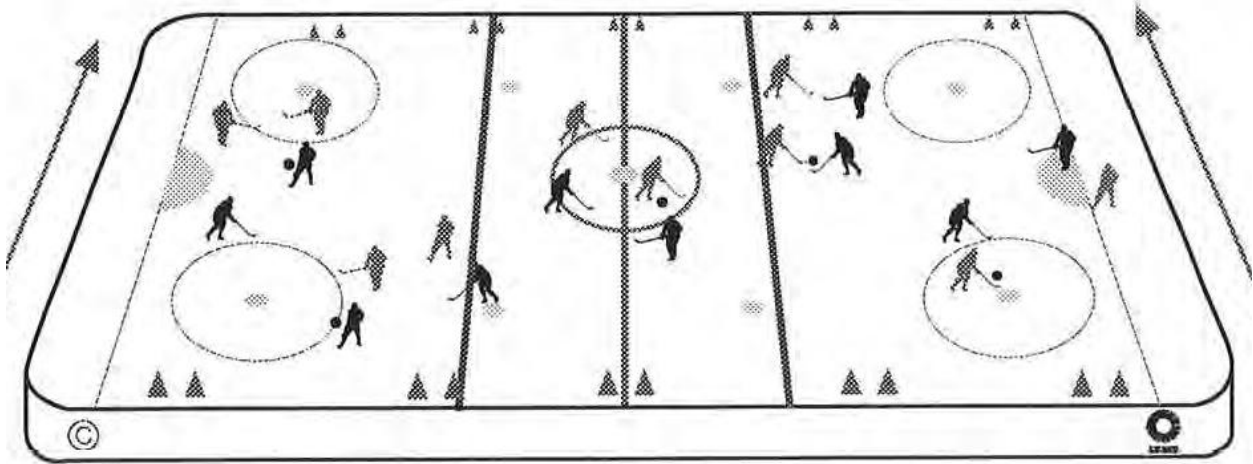
GAME WHERE THERE MUST BE AT LEAST 1 PASS BEFORE A GOAL COUNTS

In order to practice roles 1 and 2, make the rule

that there must be at least 1 pass before a goal counts. This rule encourages players to look for teammates and to get open for a pass.

D, ROLES 1 AND 2

Need link

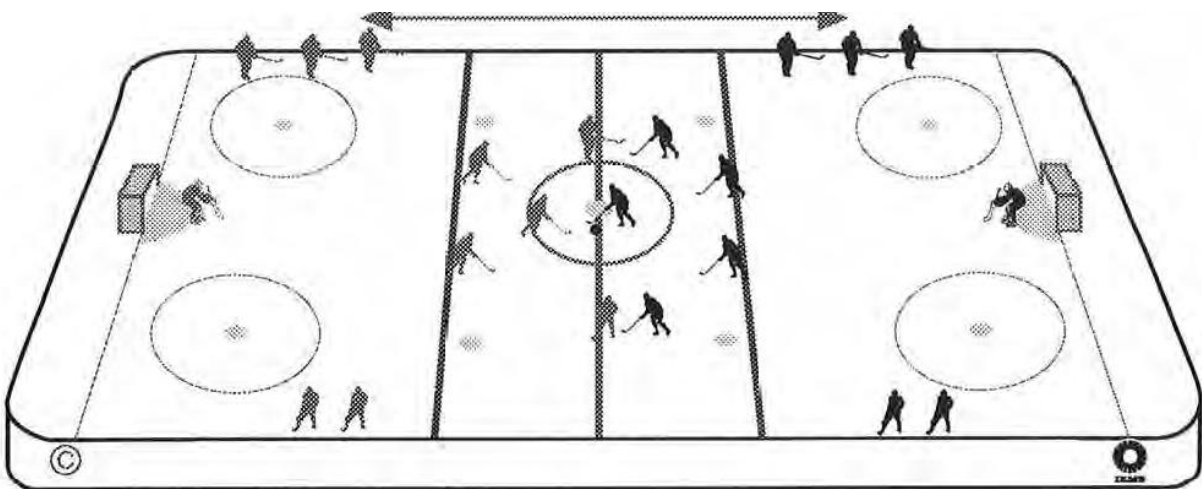


Card 53

GAME ALLOWING ONLY 1 PASS

By allowing only 1 pass the player must try to score by drive-skating to the net and teammates must support by screening, picking and going to the net for rebounds.

[Card 53, Games to Teach the Game](#)



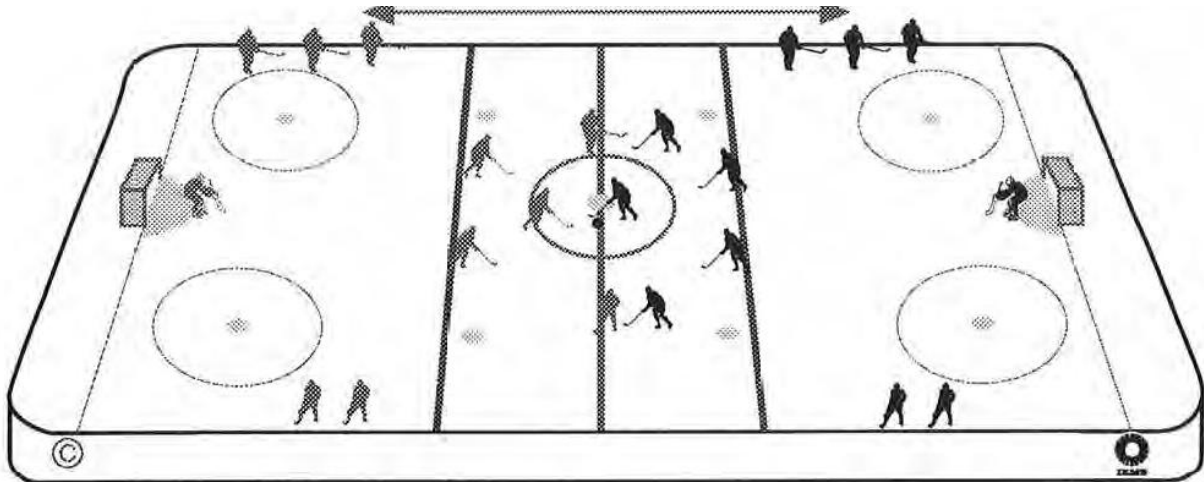
Card 53b

MOVING WITH THE PUCK GAME

Play a game with the rule that the players cannot pass the puck until they have taken 4 or 5 quick strides to open ice. By drive-skating with the puck the player learns to find open ice, creates space for him or herself and opens up new passing lanes. Drive-skating with the puck is fundamental for successful individual and team play, and is one of the most important good habits to teach players.

D, ROLE 1

Card 53b, Games to Practice Good Habits



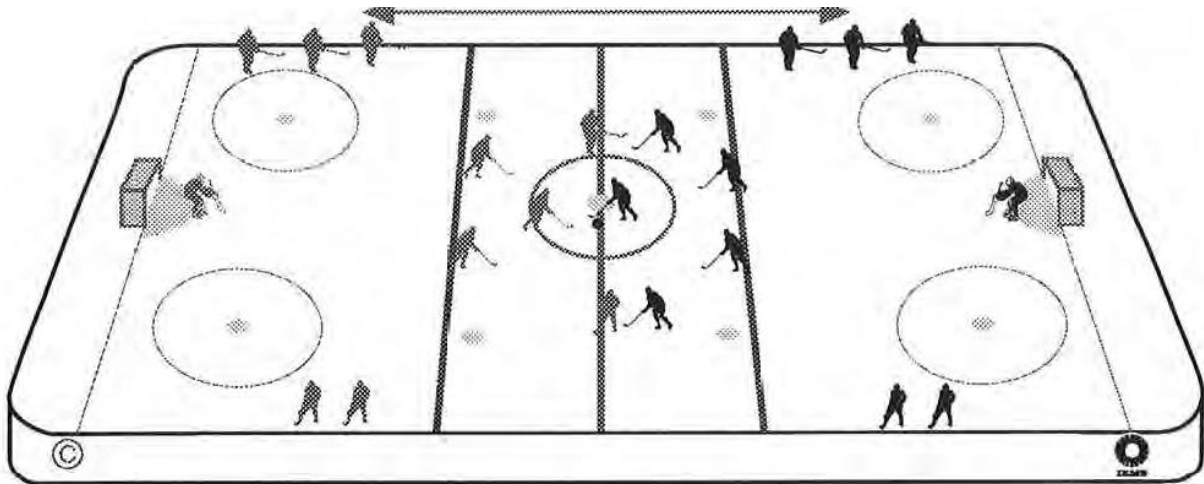
Card 54

QUICK HANDS AND FEET GAME

The development of the speed of the hands is often ignored when introducing hockey skills. When playing in tight, crowded areas, both quick hands and quick feet, moving at maximum speed, are needed for the player to escape to open ice. When the hands and feet both move there is a separation of the upper and lower body motion, and this makes the player difficult to defend.

D, ROLE 1

Card 54, Game to Practice Good Habits

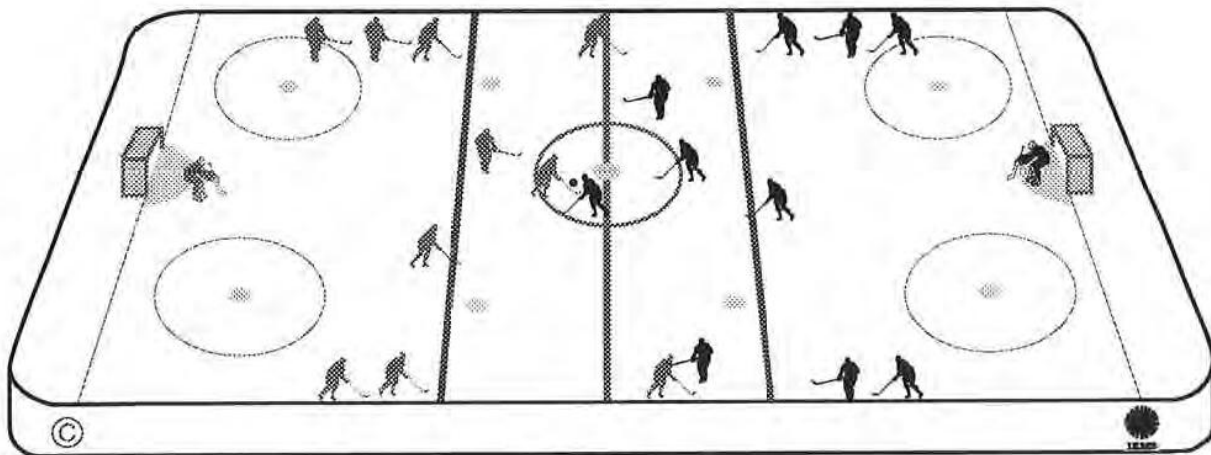


Learning the Game

Card 125

The main principle of learning is to move from simple to complex. This principle also applies when learning to play hockey. The best place to develop hockey skills is on the ice. The countries that have natural ice have a great advantage in learning to skate. In-line (roller) hockey, street and floor hockey, and all ball games, especially goal-orientated games, help the player not only to learn the game, but also how to use the techniques in the right time and the right place. The reality in most places is that the young players seldom have the luxury of an expert as a coach. This is why we promote regular and modified games as the greatest head coach and the best teacher.

D, ORIENTATION – LEARNING AND TEACHING THE GAME

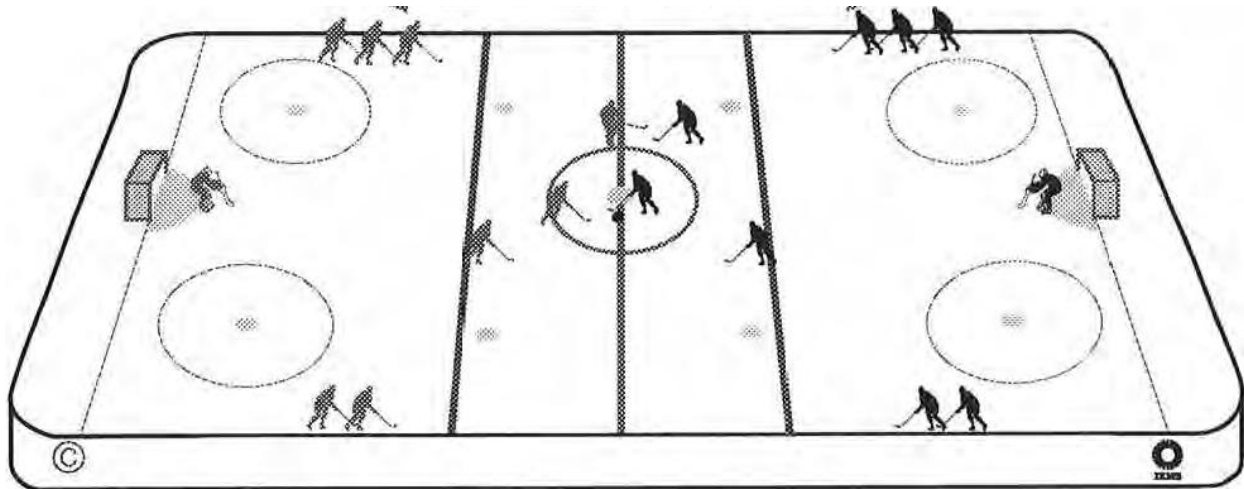


Card 126

Break team into 2 teams of 2 lines. Play full-ice with

the rule that a player can only handle the puck for 3 seconds and then must pass. The coach blows the whistle and the next group of players who are lined up along the boards come on. The player with the puck should pass to the new teammate coming on.

D, FULL-ICE GAME WITH 45-60 SECOND SHIFTS

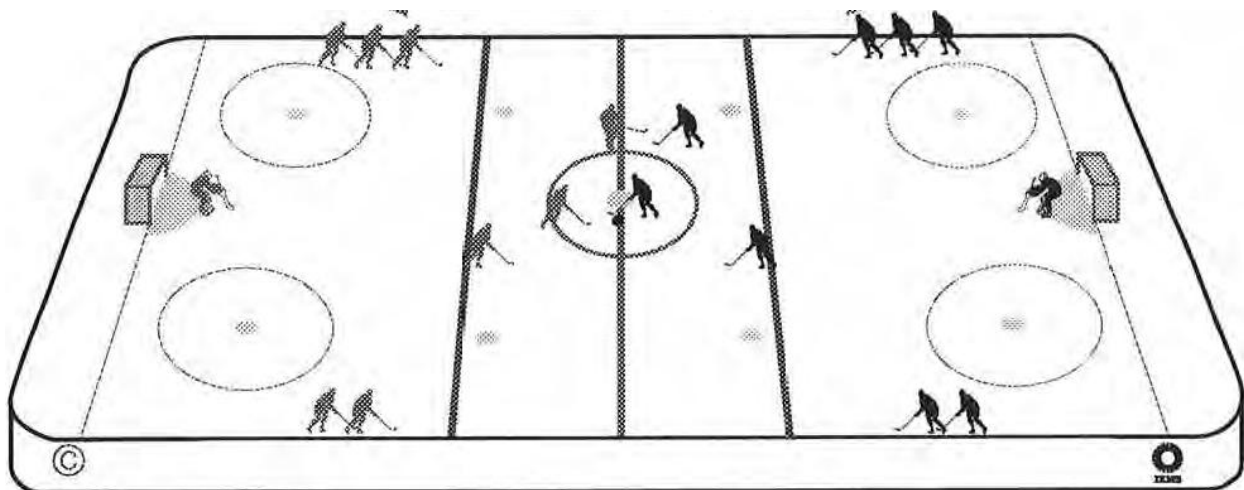


Card 127

Play full-ice games of 1-on-1 to 4-on-4. The extra players are located on the boards and can either be actively playing (pass and receive) from their position or they passively wait for their turn.

For a variation, allow a player to give and go pass with an extra player. If the play is successful he may join the play for the rest of the shift. All the players who give and go can join the play.

D100, FULL-ICE GAMES – THE EXTRA PLAYERS ON THE BOARD

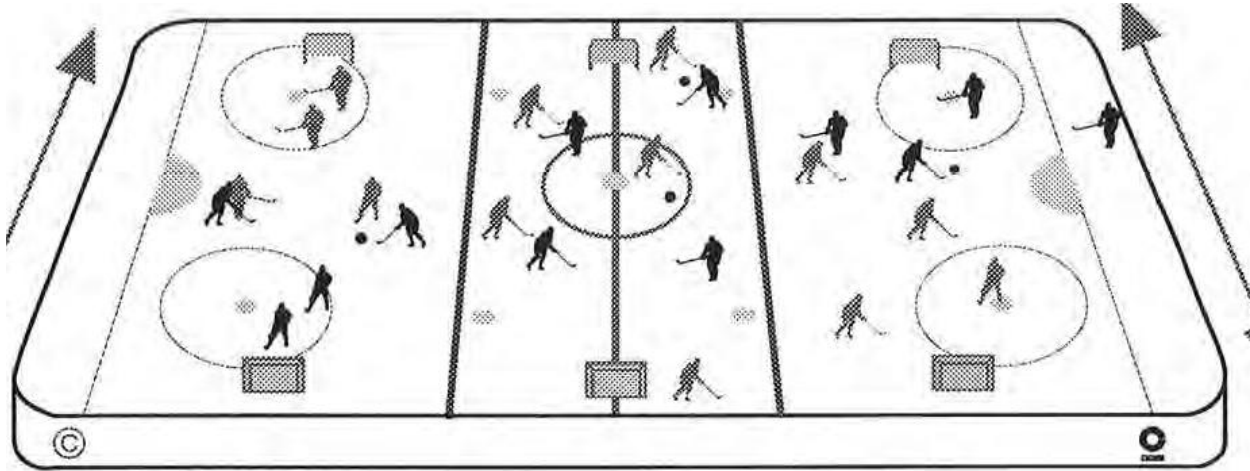


Card 128

USING SMALL TEAMS WITH MODIFIED RULES TO LEARN TO PLAY

Use small teams in cross-ice, half-ice or full-ice games to learn the 4 playing roles. The extra players can go to the bench or wait on the sides where they can participate by being passed to and passing, or they can be passive and simply wait for their turn.

D, ORIENTATION

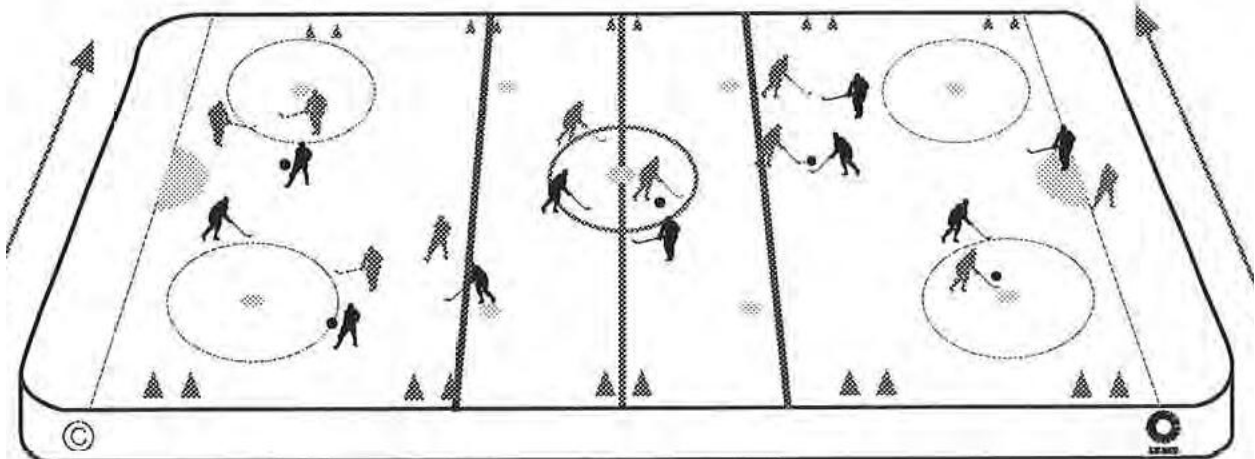


Card 129

GAMES TEACHING ALL 4 ROLES AND TRANSITION

Play 5 cross-ice games of 2-on-2. All 4 playing roles are practiced in a 2-on-2 game. During this game the players continuously change their playing roles from a puck carrier (1) to offensive support (2) or closest checker (3) and to the defensive support (4). Play for 2 minutes. At the end of the game have the players leave the puck in the middle and return to their nets. Rotate the teams by moving down 1 goal and the end player going to the goal at the other end. Count the wins, ties and losses.

D, 4 PLAYING ROLES



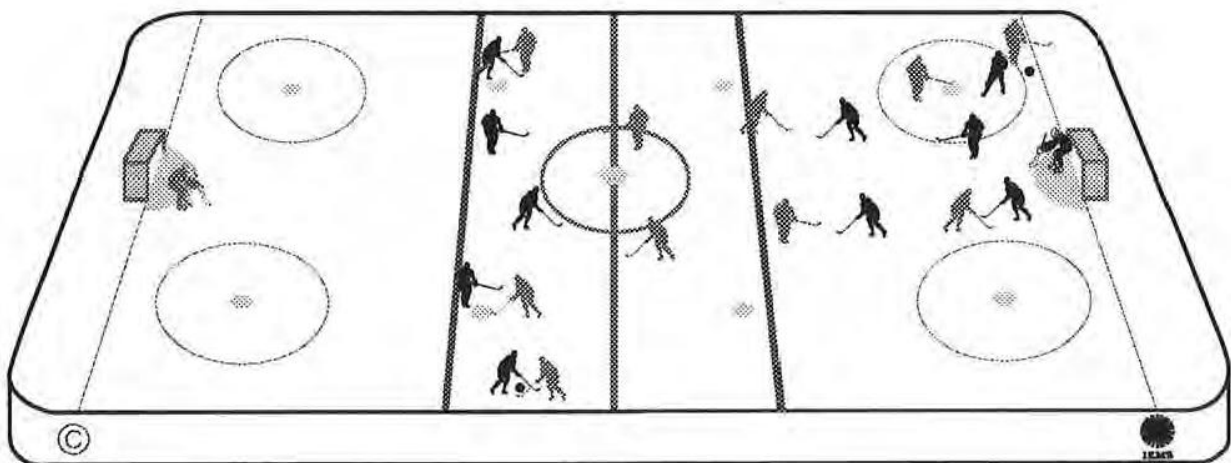
Card 130

THE NUMBER OF PASSES AND LEARNING THE GAME

A good way to teach the game is by defining how many passes the attacking team are required or allowed to make. Play cross-ice games and limit the number of passes that can be used by the attacking team. For example, the simple rule of not allowing return passes (the player cannot pass back to the passer), or saying that only 1 pass, 2 passes, or 1 pass per zone is allowed affects the reaction of both offensive and defensive players. If only 1 pass is allowed, then the pass receiver must drive to the net

- (1), the defender must play a 1-on-1 (3), the supporting players can pick screen or go for rebounds
- (2), The other defenders cover the passing lanes and clear the front of the net (4).

D, ORIENTATION

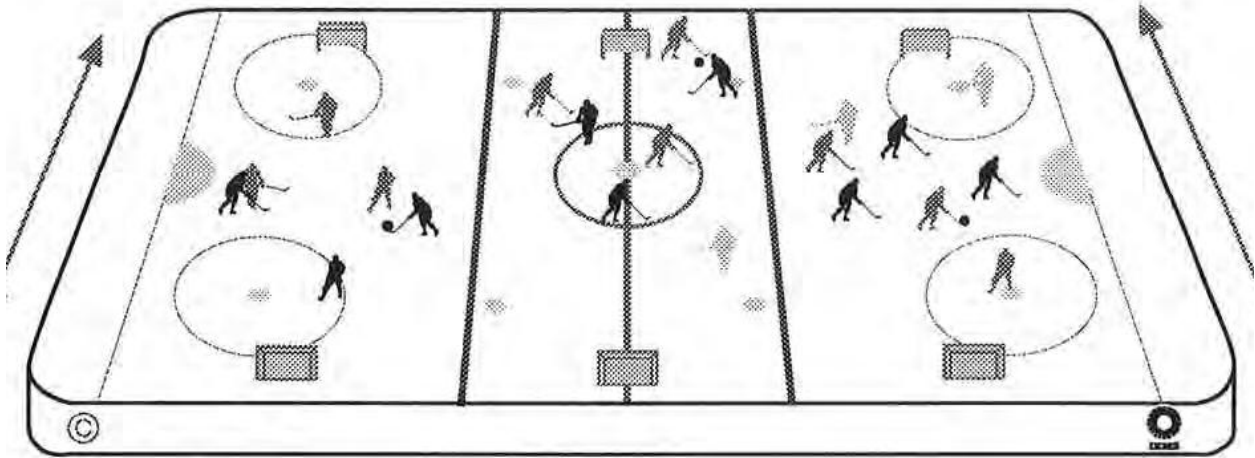


Card 131

PLAYING A GAME WHERE THERE

**MUST BE AT LEAST 2 PASSES BEFORE
A GOAL COUNTS:**

There must be at least 2 passes before a goal counts. This teaches on-ice awareness, offensive support and passing skills. On defense, 1 player should check the puck carrier, the other player should cover the pass receiver, both from the defensive side. This practices the final 2 playing roles.



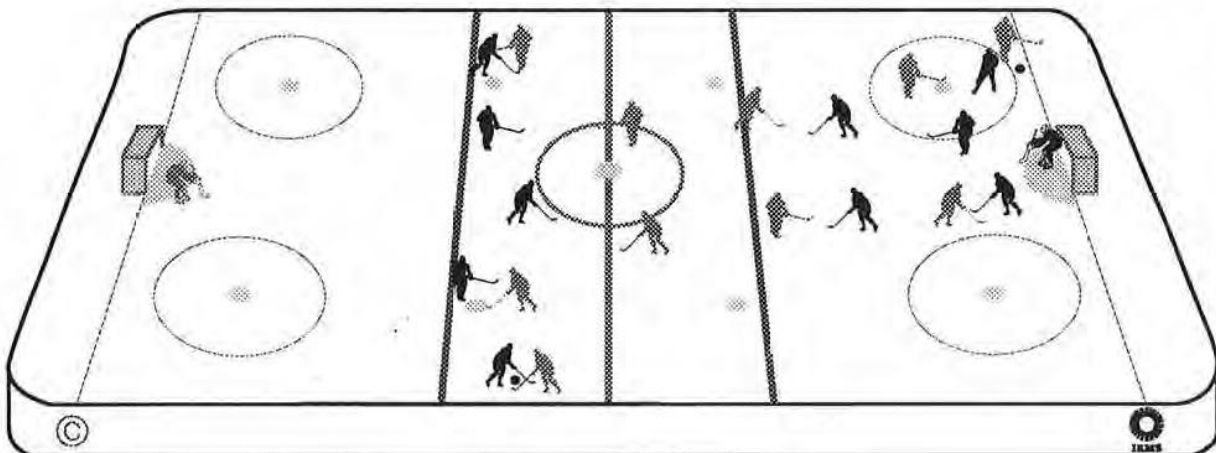
D, 4 PLAYING ROLES

Card 132

**GAME WITH THE PUCK CARRIER
TAKING AT LEAST 4 OR 5 QUICK
STRIDES TO OPEN ICE BEFORE PASSING**

Game with at least 1 pass, but the puck carrier must take 4 or 5 quick strides to open ice before passing or shooting.

This is the most important habit the puck carrier can have. When you skate hard to open ice it gives time and space to make the next play.

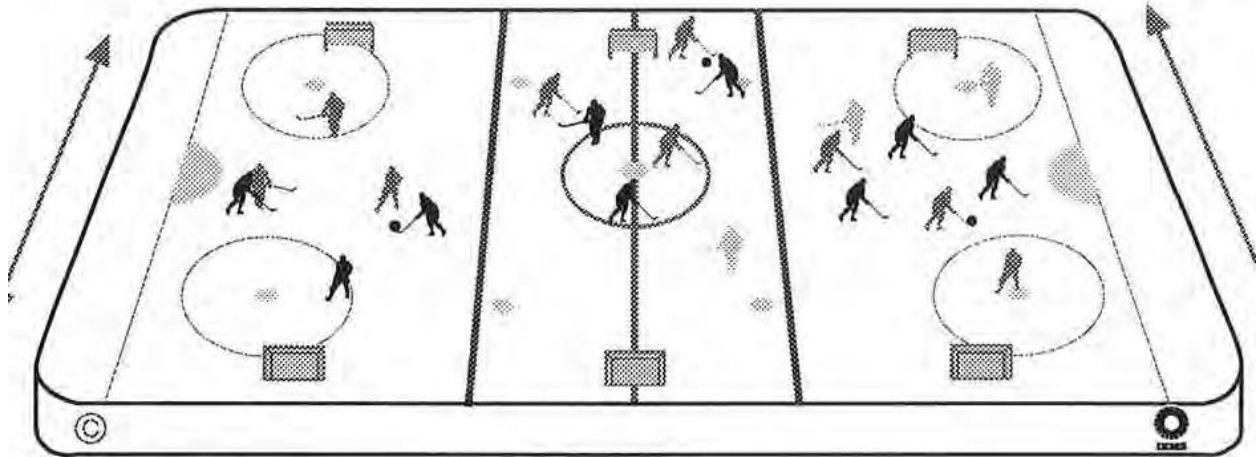


D. 3. ROLE 1

Card 133

GAME WITH WRIST PASSING ONLY

Wrist passes are more deceptive and easier to control than slap passes. Teach wrist passing by playing a full-, cross- or half-ice game where only backhand or forehand wrist passes are allowed. If a slap pass is made the other team gets the puck.



D, ROLE 1

Card 134

FACEOFFS

In a controlled scrimmage, have faceoffs in all areas and teach offensive and defensive positioning and coverage. A general rule is that you always protect the middle first, and usually wings cover defensemen, center covers the center and defensemen cover wings. Picks, screens and stunting can also be practiced.



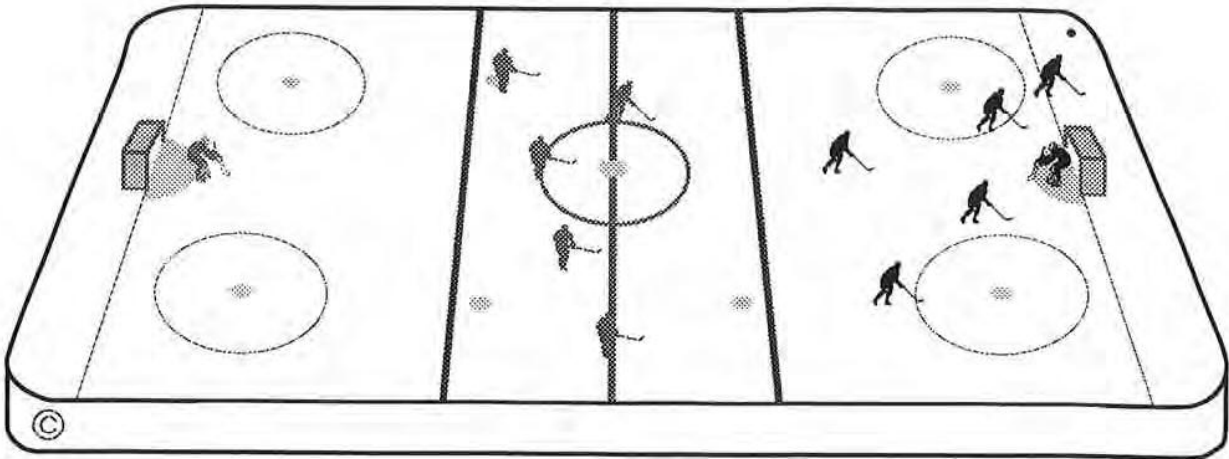
D, ROLES 1 AND 3

Card 135

GAMES STRESSING WINNING LOOSE PUCKS IN THE OFFENSIVE ZONE

The closest player must go after "loose pucks" as quickly as possible. The other players support according to their distance from the puck. To create these loose puck situations during a scrimmage,

dump the puck in from the neutral zone and forecheck.

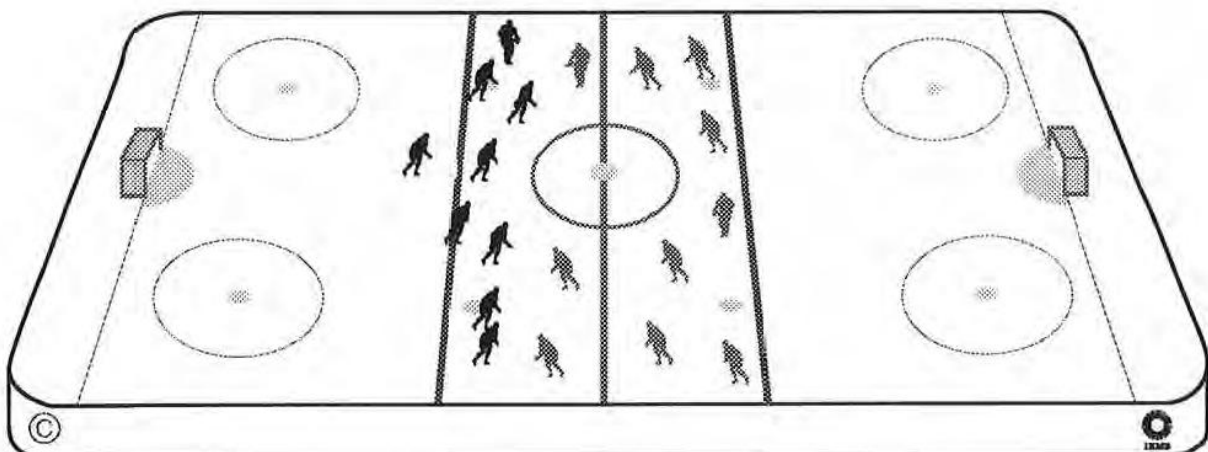


D, ROLE 1

Card 136

GETTING USED TO BODY CONTACT

Play a game without sticks, similar to British Bulldog. 1 team skates through the other team, waiting in the neutral zone, that tries to block them from crossing the blue line. Take turns playing defense.

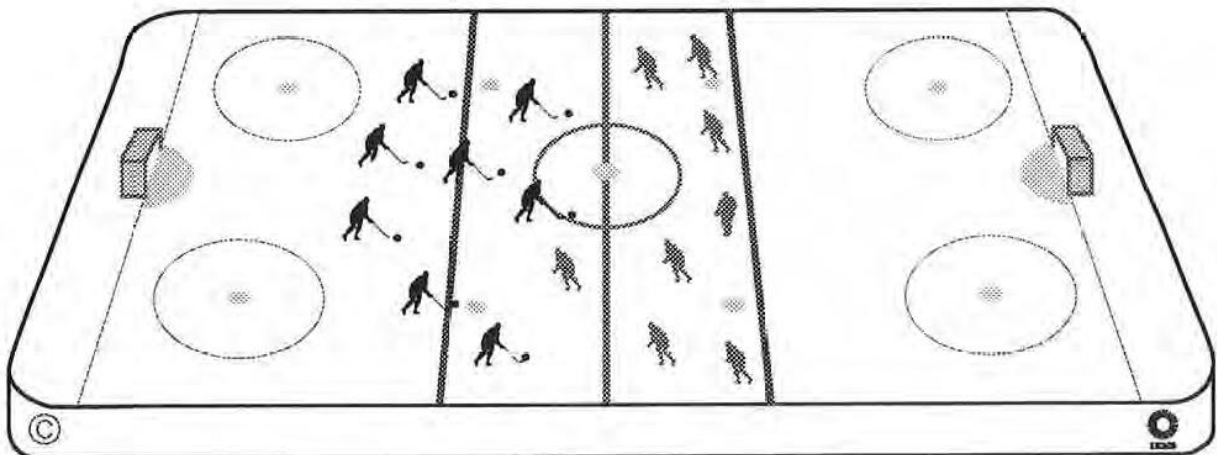


D, ROLES 1 AND 3

Card 137

**GETTING USED TO BODY CONTACT
WHILE CARRYING A PUCK**

Have a contest between 2 teams. 1 team waits in the neutral zone without sticks. The other team tries to stickhandle through the neutral zone without getting bodychecked. Allow only legal checks.



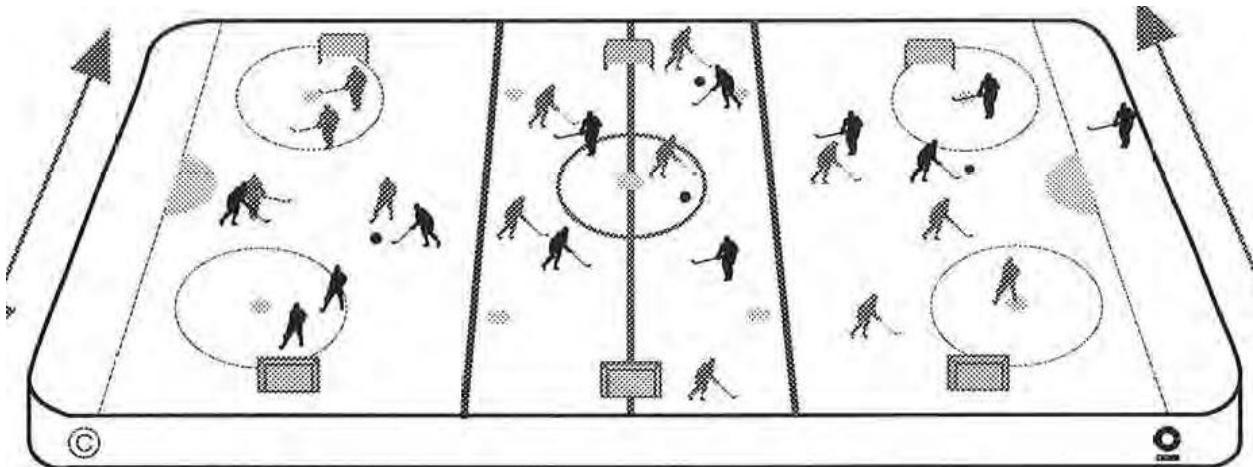
D, ROLES 1 AND 3

Card 138

PASSING WHILE SKATING BACKWARD

Play a half-ice game or a game of keep-away where the puck carrier must skate backwards before passing. This practices protecting the puck, keeping the feet moving and pivoting. If you watch Dany Heatley, this is one of his favorite moves.

It also gives the passer more time and space to make a play.



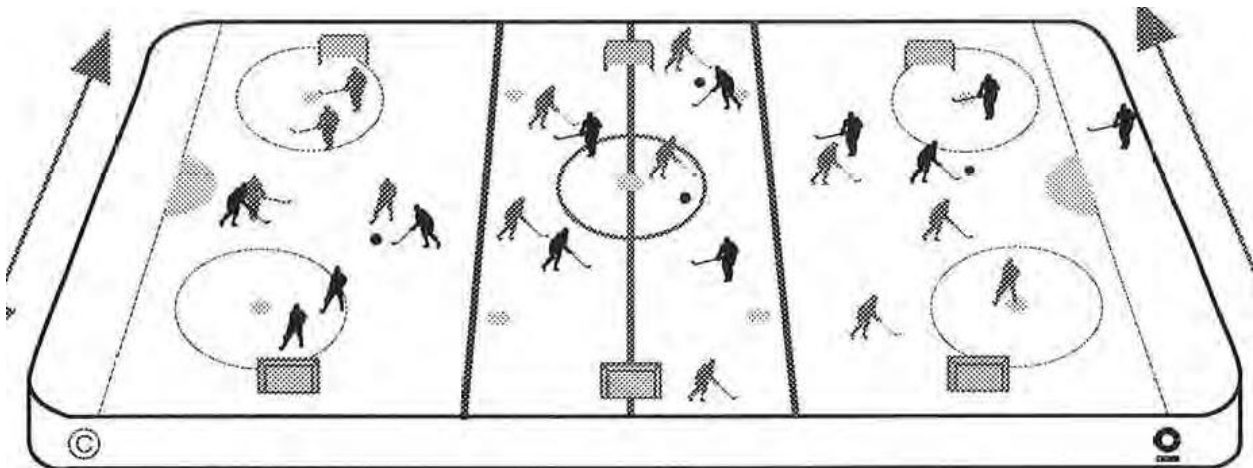
D, ROLES 1 AND 2

Card 139

PASSING AFTER MAKING A TIGHT TURN

Play a cross-, half- or full-ice game or a game of keep-away where the puck carrier must make a tight turn before passing or shooting. This practices skate fakes, protecting the puck, keeping the feet moving and pivoting.

After the players get used to this move they may make either a full or a half pivot. This allows them to read the defensive pressure and adjust.



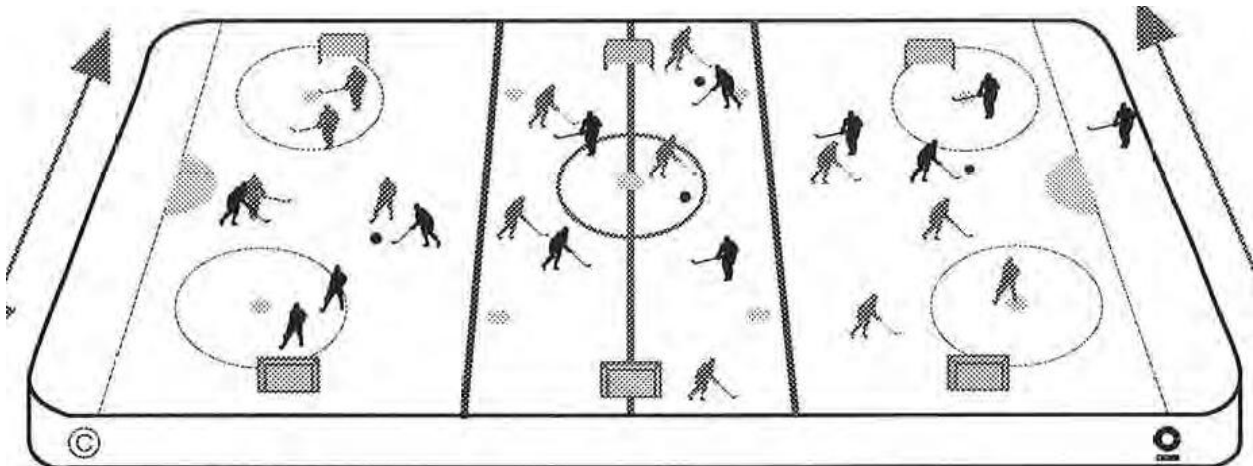
D, ROLES 1 AND 2

Card 140

“GIVE-AND-GO” GAME

The first pass receiver must return the puck to the passer, who can then pass to another player, who must now give-and-go. This game teaches players to support by following their pass.

The give-and-go is the foundation of team play, so the player must learn to pass and break to open ice.



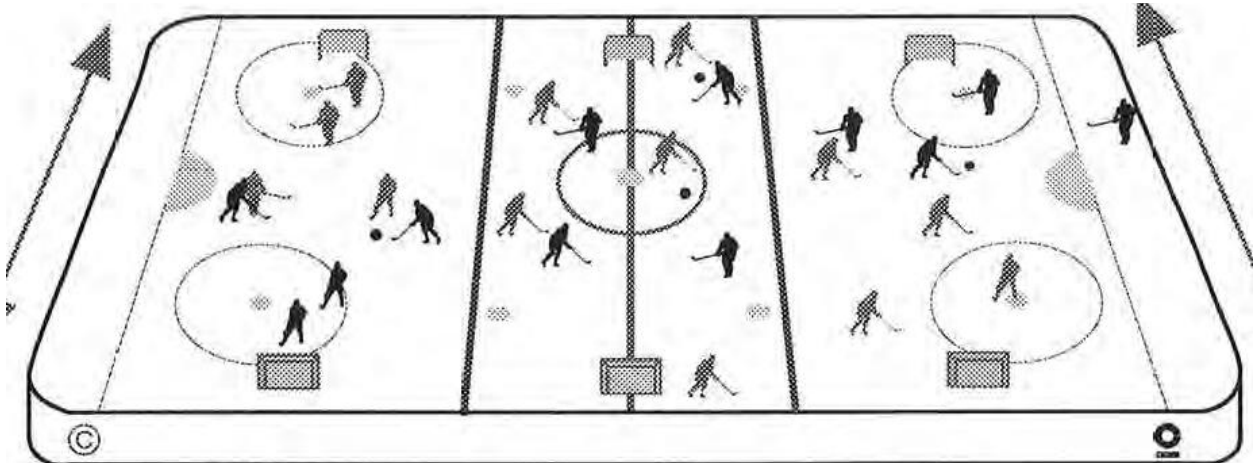
D, ROLES 1 AND 2

Card 141

“GAME WITH NO “GIVE-AND-GO”

Game of 3-on-3 and more. The pass receiver cannot

return the pass but must find another open player. This promotes support and split vision. Most players can see the teammates in front and to the side of them, but only the better players see the late players joining the play.



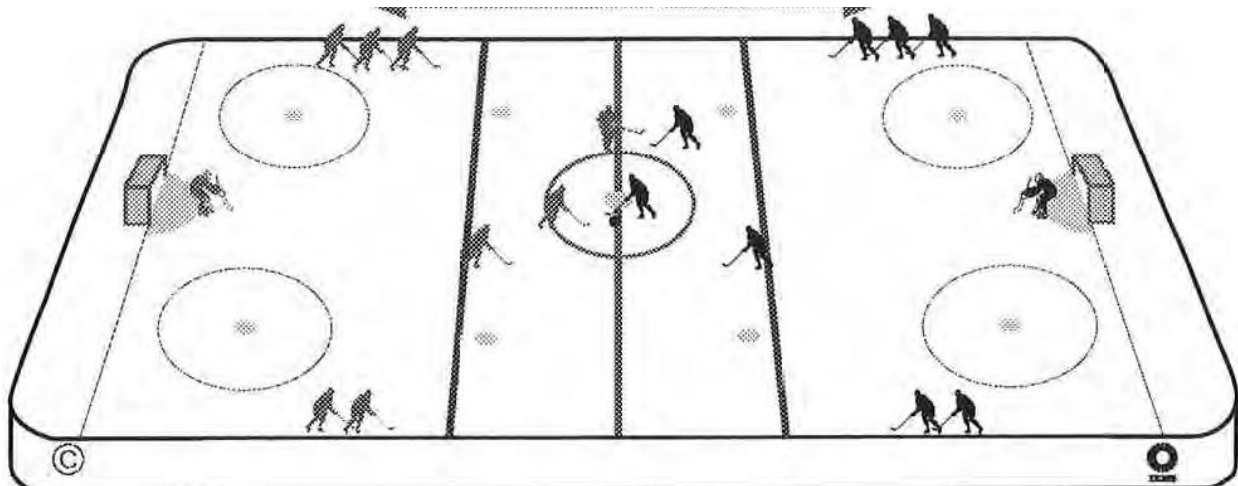
D, ROLES 1 AND 2

Card 142

ONE-TIMER SCORING GAME

Playing a cross-ice (D2) or half-ice game (D4) with the rule that goals only count if they are scored using a one-timer shot. Players must always face the puck and get into good shooting position before the pass comes.

As players advance to higher levels there is less and less time and space to make plays. They have to be able to shoot quickly and hit the net.

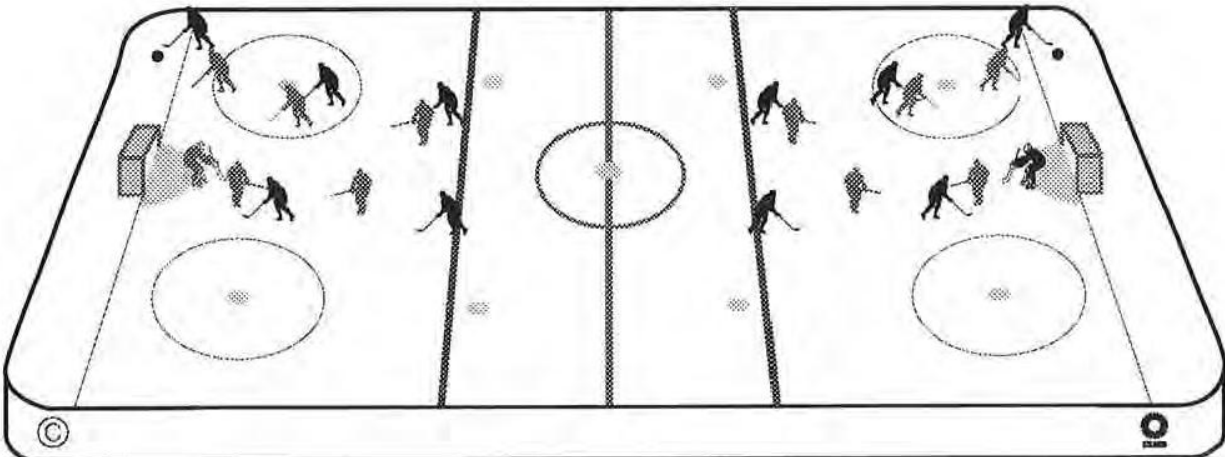


D, ROLES 1 AND 2

Card 143

GAME WITH SWITCHING POSITIONS

Play a cross-ice (D2) or half-ice (D4) game. The rule in the game is that the offensive team must cross in front of the defenders at least once before scoring. This encourages the attackers to follow their pass, isolate the widest man and try to create a 2-on-1 situation. The defenders must talk to each other after they have decided whether to switch or keep playing the same attacker.

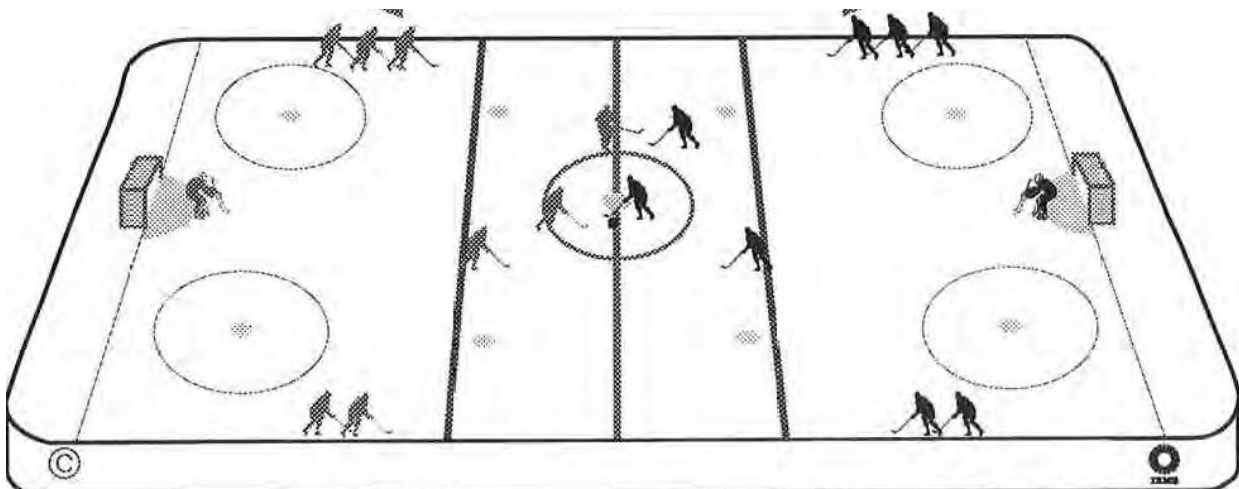


D, ROLES 1 AND 2

Card 144

2-ON-2 FULL-ICE PASSING-EACHZONE GAME

Play a full-ice 2-on-2 game passing the puck once in each zone. If the puck is gained in the neutral zone the players have to pass 2 times, if in offensive zone 1 time. After shooting in or raking a shot, 1 pass game is played.



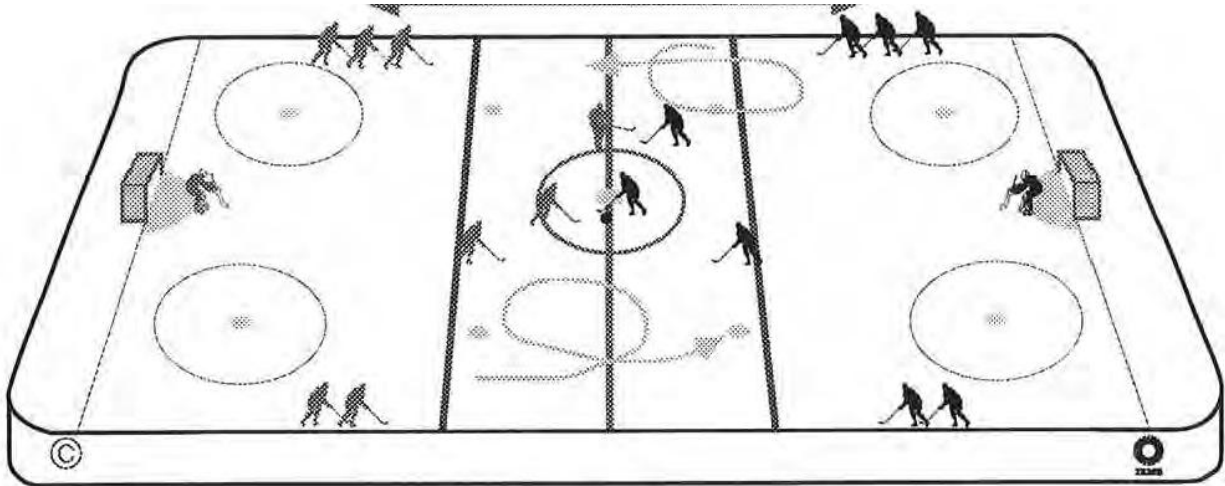
D, ALL PLAYING ROLES

Card 145

2-ON-2 REGROUPING GAME

A full-ice 2-on-2, 3-on-3 game in which the teams must regroup at least once before entering the offensive zone. This game works on close support and the breakout reads.

It also teaches the players to maintain puck control. The rule is, **“Don’t give the puck away; they have to take it from you.”**



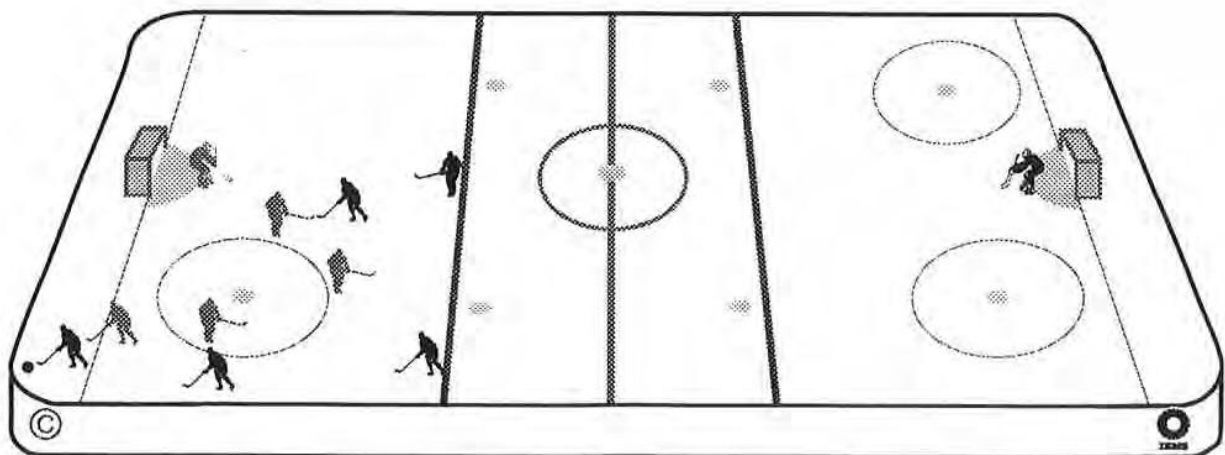
D, ALL PLAYING ROLES

Card 146

GAME STRESSING IMMEDIATE PRESSURE BY THE CLOSEST DEFENDER

In a small-area game, stress that the closest defenseman pressures the puck carrier. It is important to get immediate pressure on the puck from the inside out. This delays the attack, deflects it wide and hurries the puck carrier into making mistakes.

Deep in the zone the defender must quickly close the gap and make contact. If the defender is not in good control of the puck, and if the offensive player has good control, then maintain the defensive side by stopping and going back while staying on the defensive side.

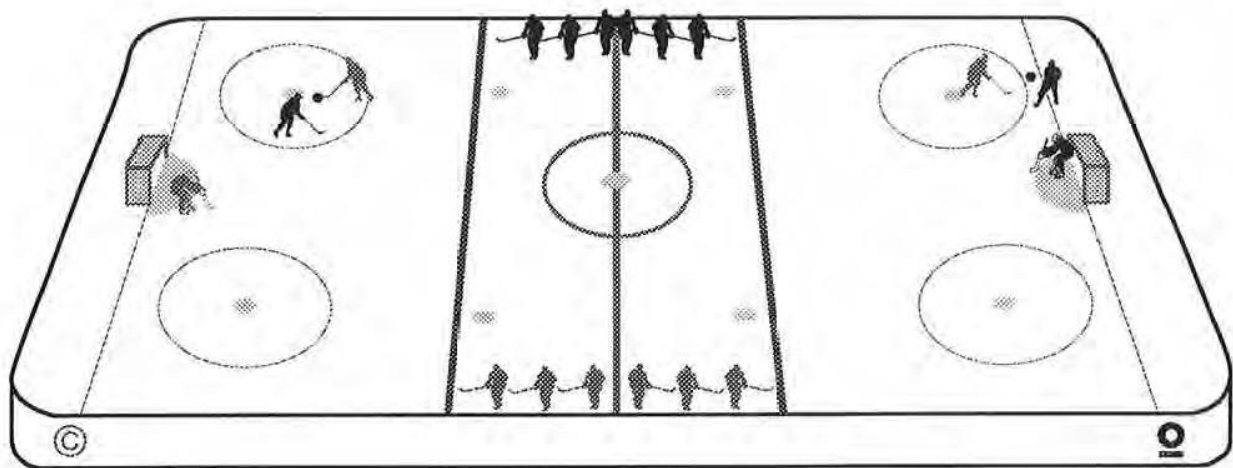


D. ROLE 3

Card 147

GAME OF 1-ON-1 STRESSING THE DEFENSIVE SIDE

The players play a full-, half -or cross-ice game, but the defender learns that he or she knows where the puck carrier is going – to the net. The coach teaches the defender to always stay between the puck carrier and the defender's goal. This is the first step in teaching good defensive technique. When backchecking the defender must keep the attacker on the outside, to stay on the defensive side.



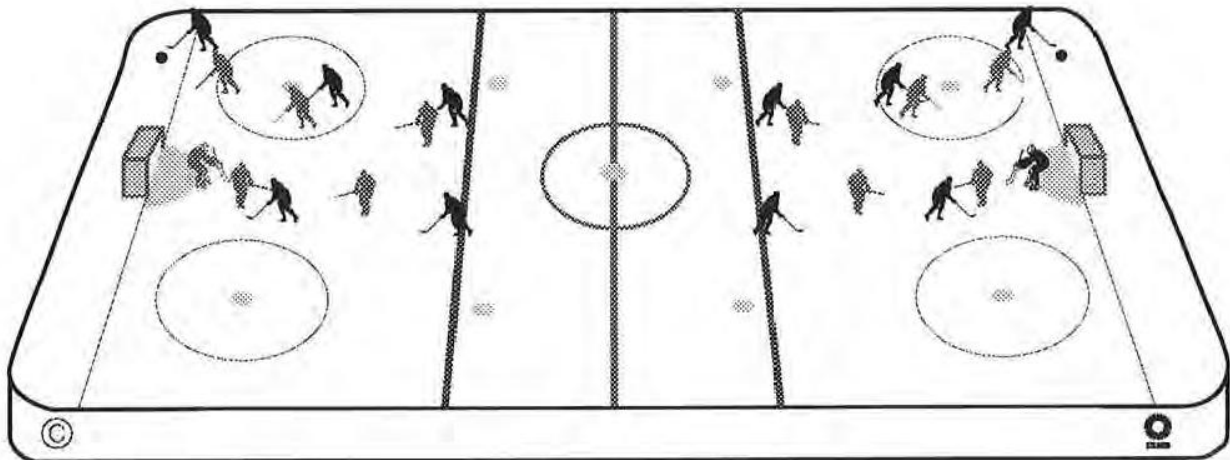
D. ROLE 3

Card 148

GAME WITH STICKS UPSIDE DOWN IN THE DEFENSIVE ZONE

A good teaching technique is to practice defense

while holding the sticks upside down in the defensive zone. This helps the players to focus on staying between their check and the net, with their shoulders square to the puck carrier. They must stop and start, and learn to always play the body deep in their own zone. The coach can blow the whistle and signal that the sticks may be held properly, and the other team can defend with their sticks upside down.

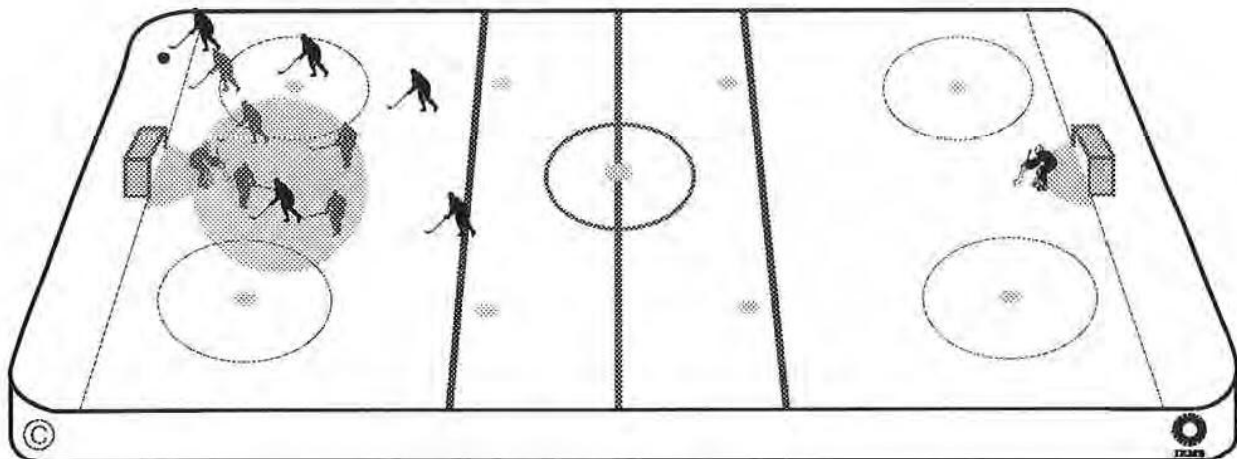


D, ROLES 3 AND 4

Card 149

DEFENDING THE SLOT

Play a full-ice game of 2-on-2, 3-on-3, 4-on-4, 5-on-5, with shifts of 30 to 60 seconds. The main principle of defending is simple. It is to control the slot area in front of your goal. Concentrate on determining who is covering each attacker by the red line and deflect the puck out of the middle lane. All players maintain defensive-side body position and keep sticks in the passing lanes.

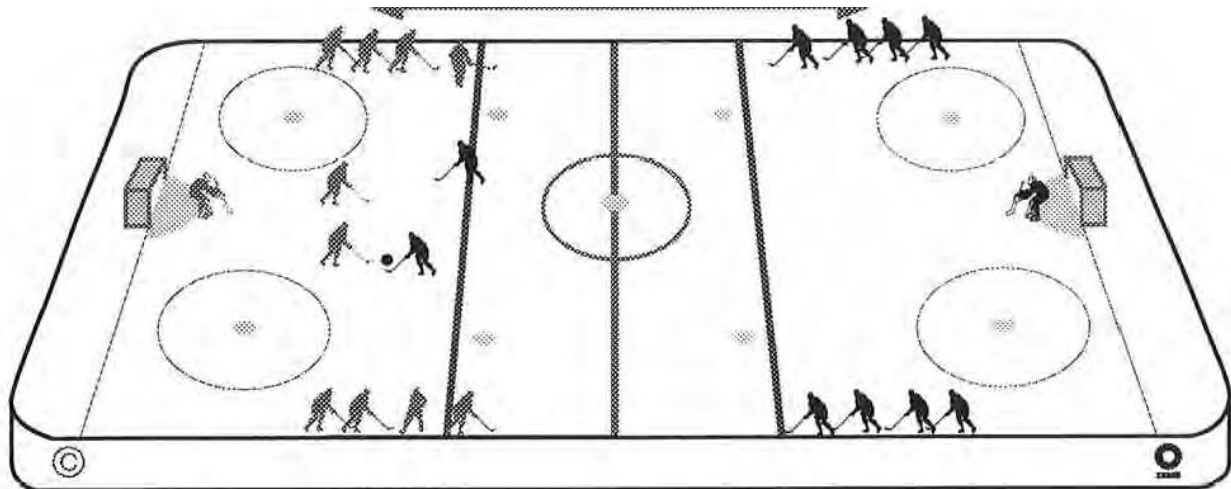


D, ROLES 3 AND 4

Card 150

COMING BACK DEEP IN A FULL-ICE GAME OF 2-ON-2 OR 3-3

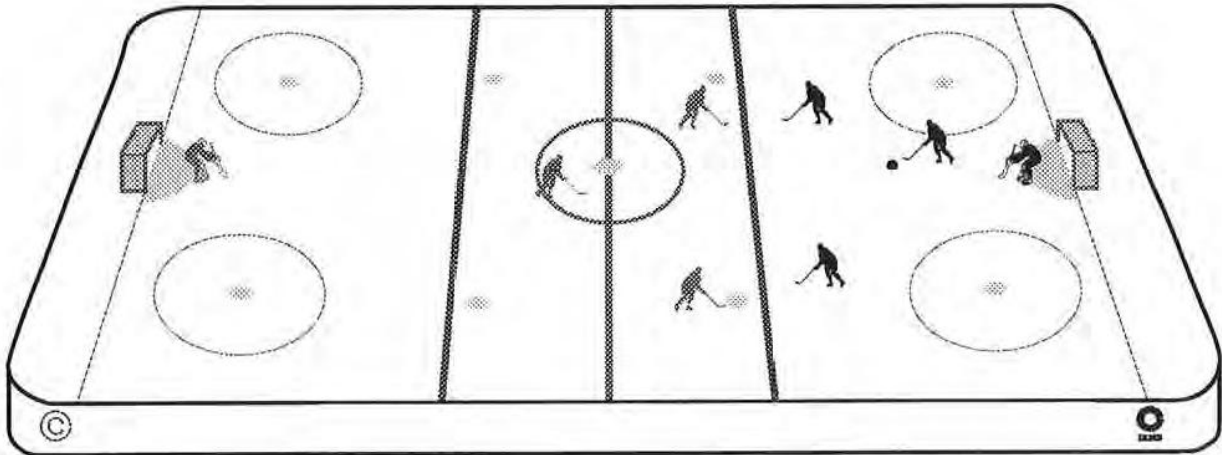
The coach emphasizes that the closest checker gives immediate pressure on the puck carrier and deflects the attack from the middle. The second player in the zone supports from the front of the net. The third player covers the point and picks up the attacking third player if he joins the play deep in the zone. It is important for the defenders to stay with their checks and not chase the puck.



D, ROLES 3 AND 4

2-ON-2, 3-ON-3, LEAVING THE ZONE AFTER THE PUCK GAME

In this game the puck must go out of the zone before any of the players who are breaking out. This game causes the offensive unit to play compactly and allows short breakout passes. In a turnover situation the defending team has the whole unit in a good position to defend.



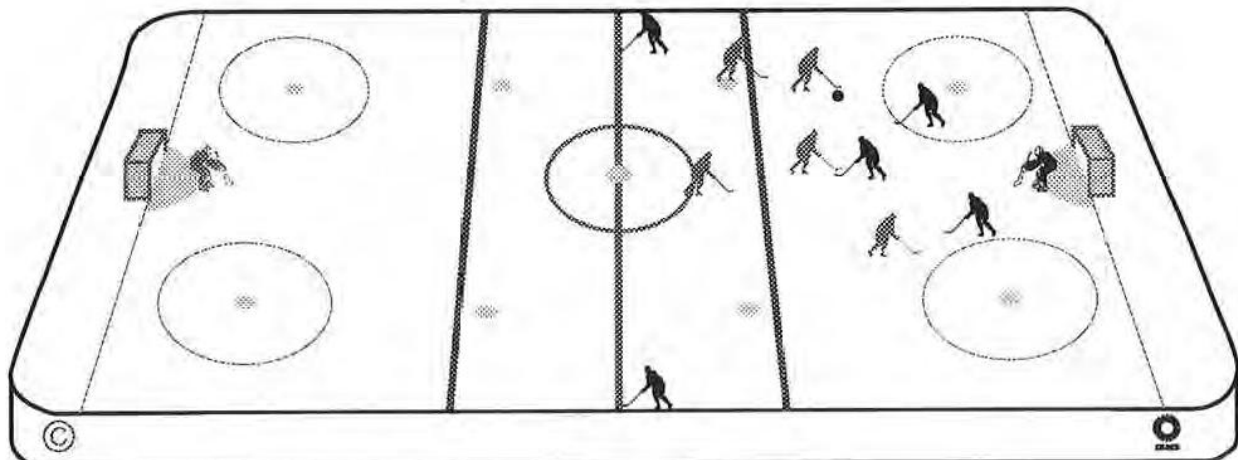
D, ALL PLAYING ROLES

Card 152

LEARNING THE PLAYING ROLES IN 3 ZONES

To teach the player roles in all 3 zones, play a full-ice game of 5-on-5 but leave various numbers of players in the neutral zone. To create a 5-on-4, 1 player on the defending team stays outside of the blue line in the neutral zone. If 2 defending players stay then it would be a 5-on-3. If 1 from each team it is a 4-on-4; 2 from the defending team and 1 from the attacking team is a 4-on-3.

Pass the puck up to the player in the neutral zone, then the play goes the other way with the same number of players waiting in the neutral zone.



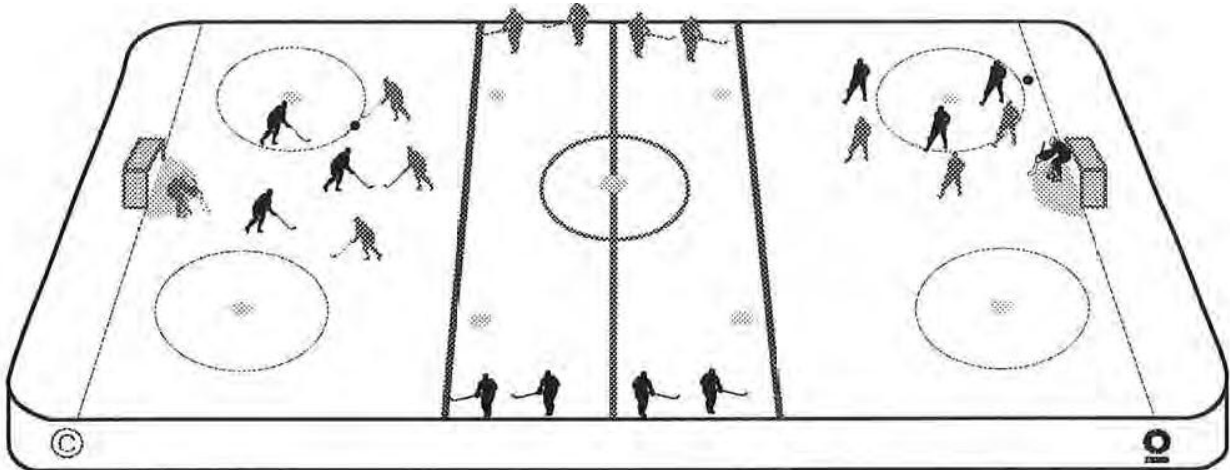
D, ORIENTATION

Card 153

PLAYING ON 1 GOAL

Play a half-ice 1-on-1, 2-on-2, 3-on-3, 4-on-4, 5-on-5 or any odd-numbered situation to practice the 4

player roles, the rules and transition from offence to defense. The unit that gains the puck either plays the puck to neutral zone to a new unit, or they must carry the puck and all players get onside before entering the zone again. The other option is to have the attacking team pass twice before they can score. All of these rules give sufficient time for the opponent to regroup for defense.

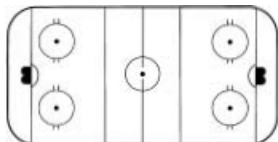


D, ORIENTATION

Card 154

HALF-ICE TRANSITION GAME OF 1-ON-1 THEN 1-ON-2

1 offensive player attacks 1-on-1 versus a defender. A backchecker follows the play from the boards and gives defensive support from a few meters away on the defensive side, (a).



D, ROLES 1, 2 AND 3

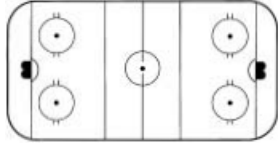
HALF-ICE TRANSITION GAME OF 1-ON-1 THEN 1-ON-2

When the defense regains the puck the backchecker skates to the red line and turns back, trying to score on a new defender who has skated from the lineup on the boards, and plays a defensive 1-on-1, (b).

To work on all 4 roles, you can do this as a 2-on-2 with 2 defenders supporting and then going on offense versus the original attackers.

Variation:

To enable the defender to get into the neutral zone, the original backchecker skates to the far blue line before turning back to attack.



D, ROLES 1, 2 AND 3

Card 155

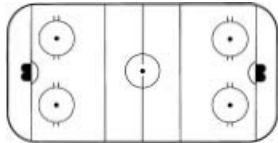
HALF-ICE TRANSITION GAME OF 1-ON-1 THEN 1-ON-2

When the defense regains the puck the backchecker skates to the red line and turns back, trying to score on a new defender who has skated from the lineup on the boards, and plays a defensive 1-on-1, (b).

To work on all 4 roles, you can do this as a 2-on-2 with 2 defenders supporting and then going on offense versus the original attackers.

Variation:

To enable the defender to get into the neutral zone, the original backchecker skates to the far blue line before turning back to attack.

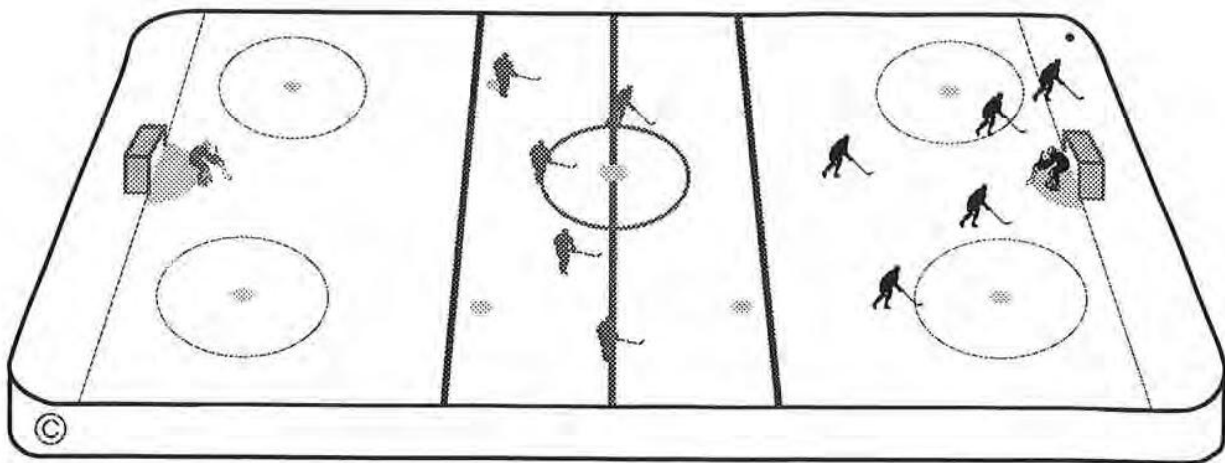


D, ROLES 1, 2 AND 3

Card 203

CHANGE ON FLY

Practice changing lines on the fly. When a new line goes out they defend, attack, defend, shoot the puck into the corner farthest from their bench. If they have trouble getting the puck out on the first rush, then dump the puck in on first rush and change.



D

Card 204

OFFENSIVE POSSESSION BEHIND THE OPPONENT'S NET

When the puck is behind the opponent's net number 2 and 3 should move toward the faceoff dots where it is hard for defenders to cover, or they can screen the defensemen. An offensive defenseman can move into the slot for a pass.

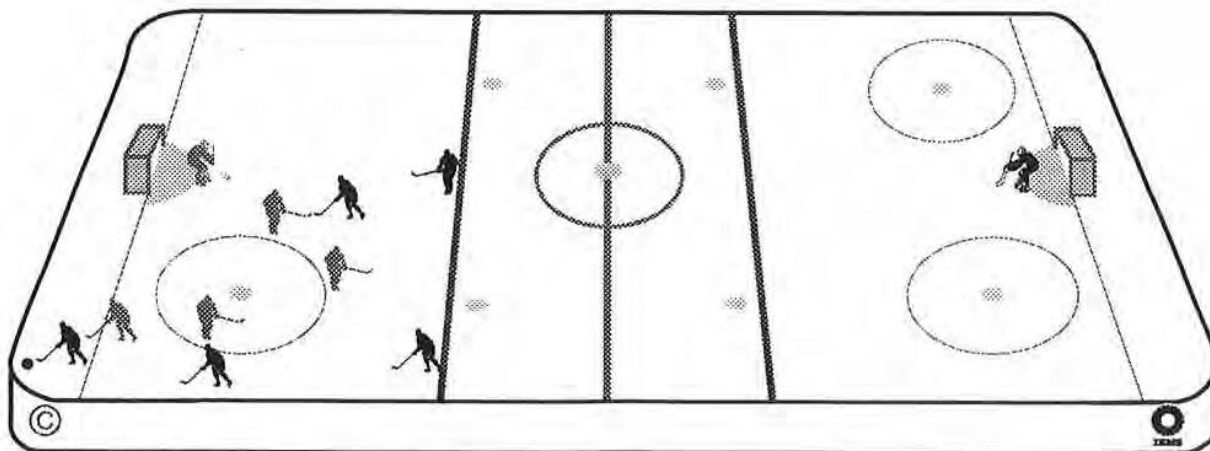
D, ROLES 1 AND 2

Card 205

GAME WITH CYCLING IN THE OFFENSIVE CORNER

To create space from the corner the puck carrier (1) skates up the boards, if he or she is pressured, pass back to the corner and the player in front of the net (2) gets the puck. The original passer (1) skates to the high slot and becomes number 3. Number 3 goes to the front of the net and replaces number 2, **(a)**.

Rotate the other way if the first pass is made away from the net, **(b)**.

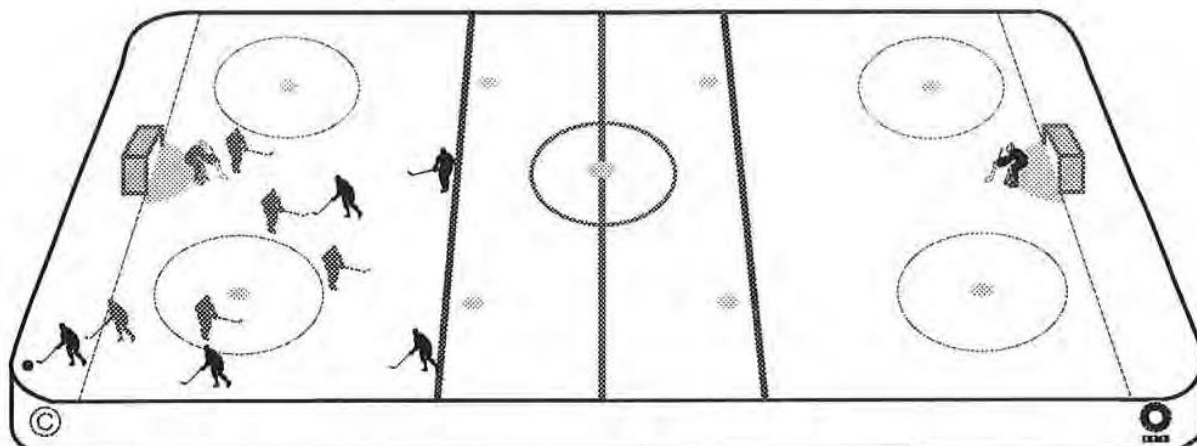


D, ROLES 1 AND 2

Card 206

GAME PRACTICING DEFENDING THE PLAY OUT OF THE CORNER

In this game the rule is that goals only count if they are started by plays originating from the offensive corners. The closest player defends the attack out of the corner. If he or she reads that the opponent is not in full control of the puck, or has his or her back to the play, the defender should play the body and pin the attacker to the boards.



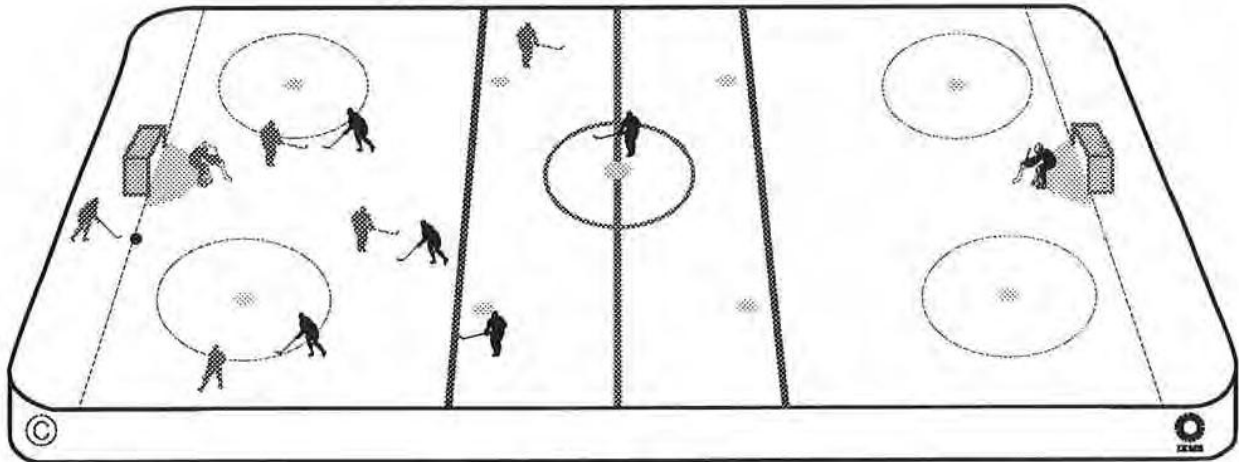
D, ROLES 3 AND 4

Card 207

ALL 5 HAVE THE PUCK IN FRONT OF THEM

This is the strongest defensive position to be in as no one is trapped behind the play. This is a passive forechecking style that allows the offense to turn the puck up ice, deflect the puck to an outside lane and outnumber the attackers. Whenever the puck

is above the circles in the defensive zone it must be cleared over the blue line. When pressured high in the offensive zone, dump the puck into the corner or behind the net. It is a safe play to make when only high-risk offensive options are available to the puck carrier.



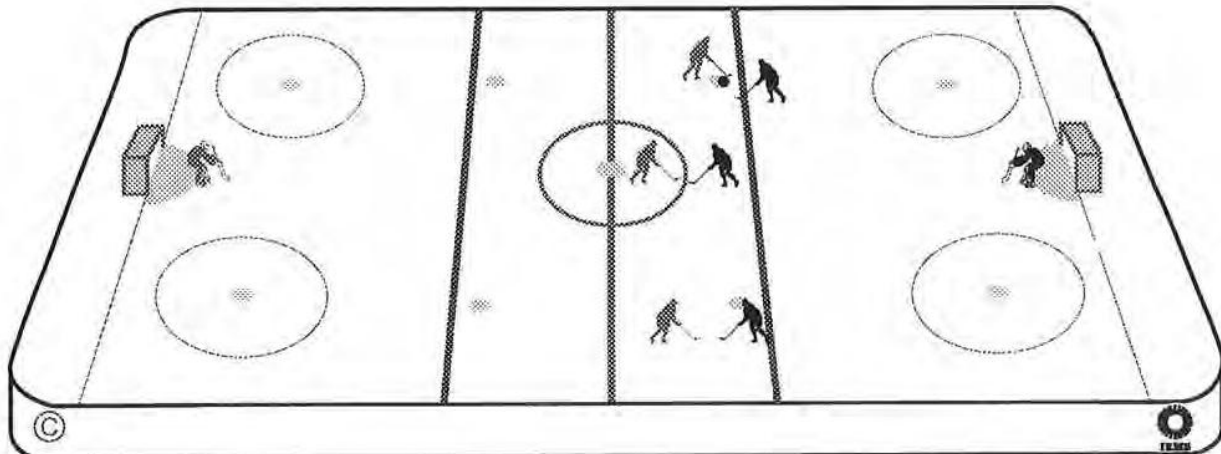
D, ROLES 3 AND 4

Card 208

DEFENSIVE ZONE COVERAGE

Play a 2-on-2, 3-on-3, 4-on-4 or 5-on-5 game focusing on defensive coverage.

- The defending players stay between the puck and the goal, force the puck wide, finish checks, cover their checks, and create immediate pressure on the puck from inside to outside. All players have a 1-on-1 responsibility in their own zone. If a defender loses a 1-on-1, then the supporting player defends a 1-on-2. He doesn't chase the puck and leave his player uncovered.

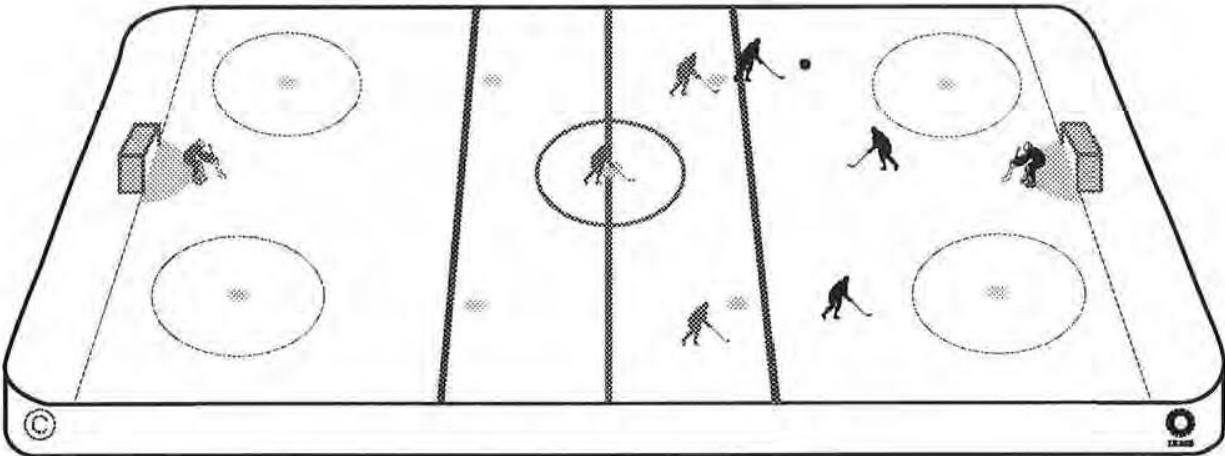


D, ROLES 3 AND 4

Card 209

REGROUPING

Play a 3-on-3 or 4-on-4 game and have the offensive team turn back and regroup in the neutral zone at least once before crossing the offensive blue line. This game practices puck control, offensive support and not giving away the puck. Many times the defenders slow down or stop. This creates big gaps of which the attackers can take advantage.

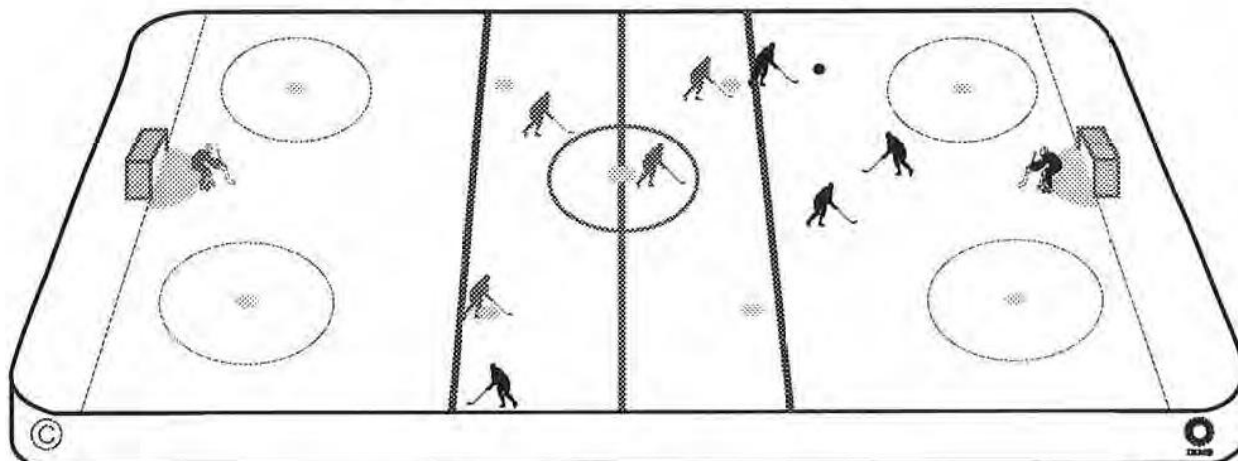


D, ROLES 1 AND 2

Card 210

REGROUPING WITH A STRETCH MAN

Play a 3-on-3 or 4-on-4 game. Have the offensive team turn back and regroup in the neutral zone at least once before crossing the offensive blue line. All but 1 player should come back to regroup. 1 player stays high and stretches the opponent's defense.

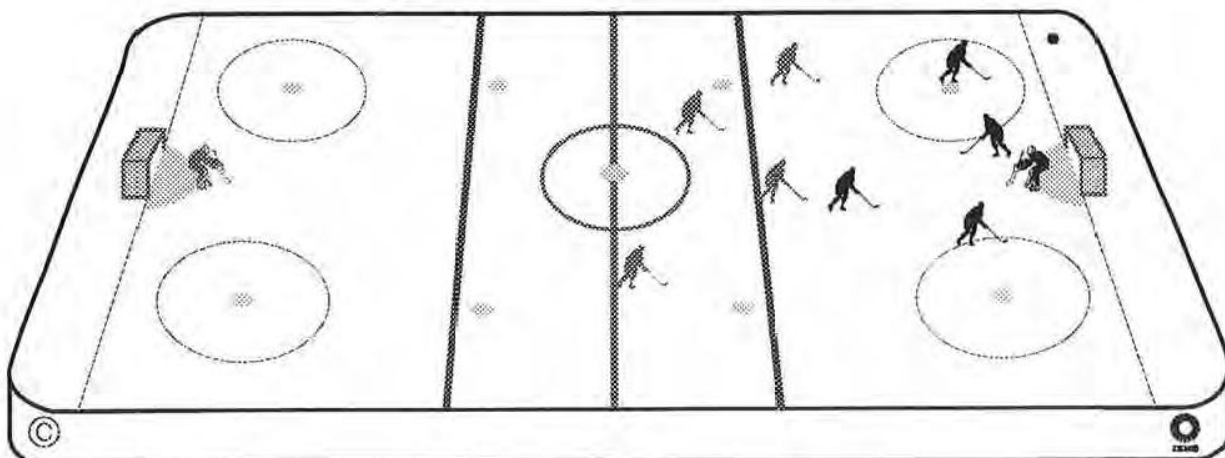


D, ROLES 1 AND 2

Card 211

FULL-ICE SHOOT-IN GAME

Play a full-ice game of 3-on-3 or 4-on-4 and practice the forecheck by dumping the puck into the offensive zone after crossing the red line. After the shoot-in a maximum of 2 passes are allowed before taking a shot.



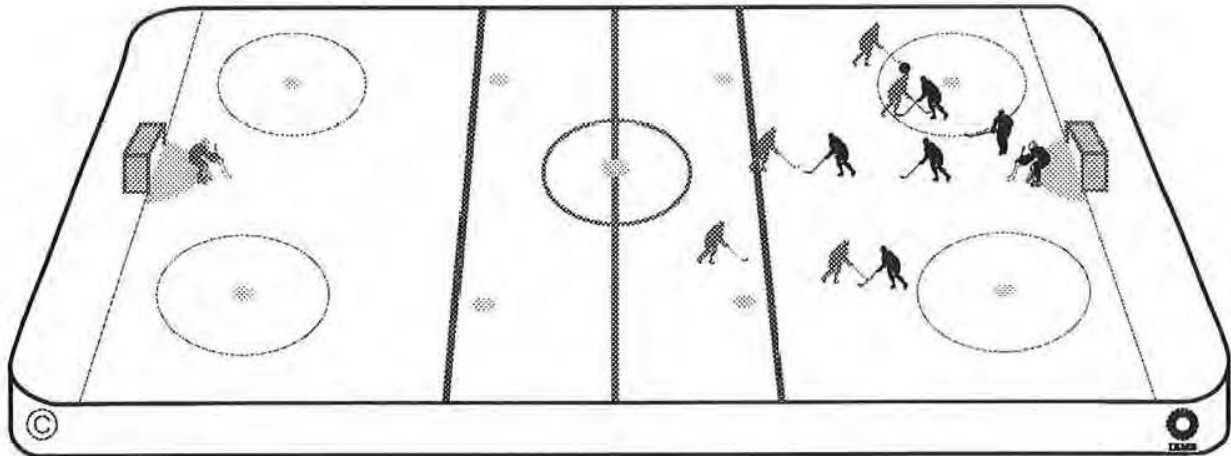
D, ROLES 1 AND 2

Card 212

GAME WITH NO PASSING ALLOWED IN THE OFFENSIVE ZONE

The player is not allowed to pass but must try to score after crossing the offensive blue line. This game is designed to work on going to the net. It also forces the defenders to stay on the defensive side and work on controlling players driving to the

net. The supporting offensive players should pick, screen and go for rebounds.

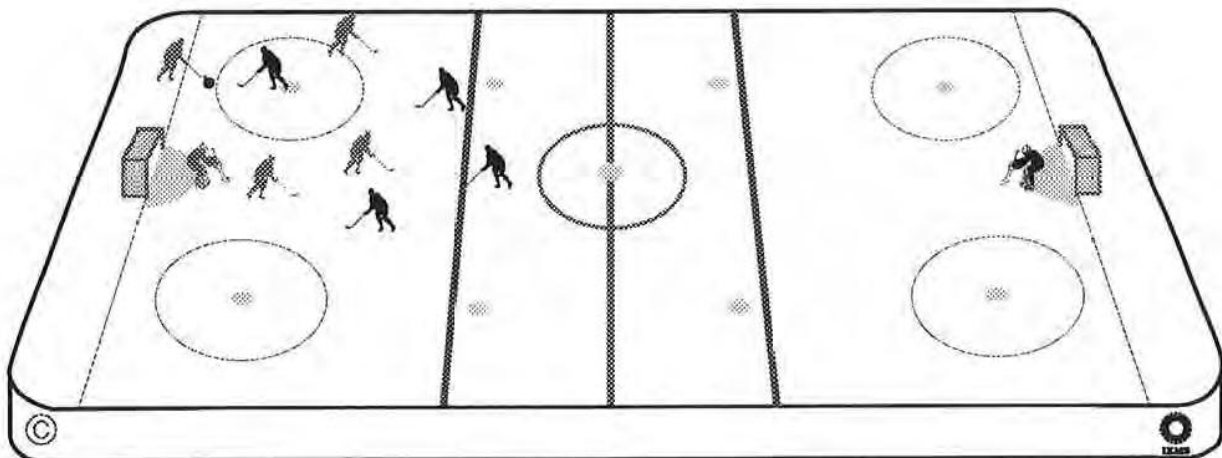


D, ROLES 1 AND 2

Card 213

4-ON-4 FULL-ICE PASSING ON EACH ZONE GAME

Play a full-ice 4-on-4 game with the rule that there must be 1 pass in each zone. If the puck is gained in the neutral zone the players have to pass twice, if in the offensive zone once. After shooting in or shot 1 pass game is played.



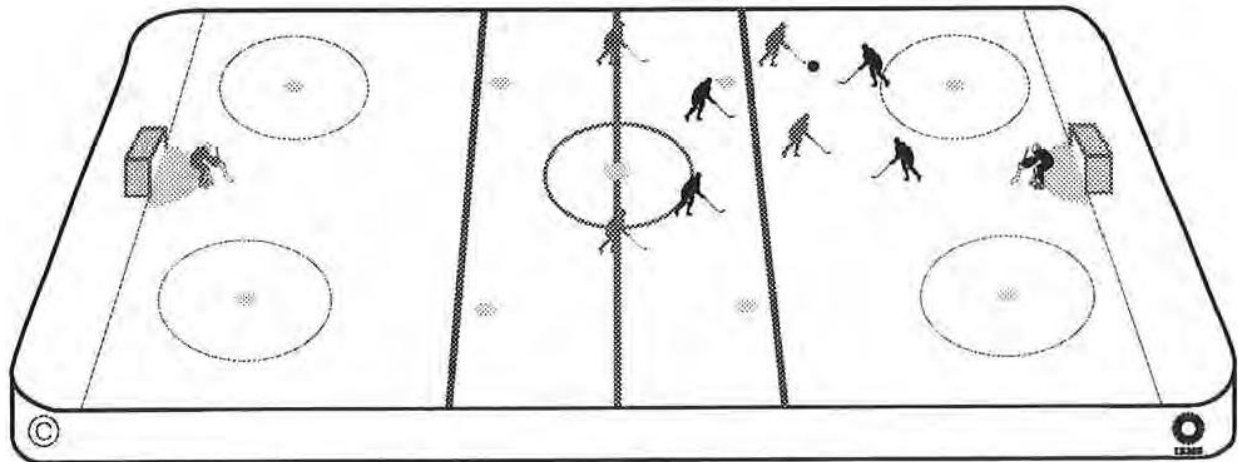
D, ROLES 1 AND 2

Card 214

FULL-ICE 4-ON-4 WITH A CONTINUOUS 2-ON-2, 2 PLAYERS OF BOTH TEAMS WAITING IN THE NEUTRAL ZONE

Start with 4-on-4 game. When the puck is over the blue line 2 players from each team wait in the neutral

zone. Once the defending team gains the puck, they pass the puck to the neutral zone and the other 2-on-2 is played toward the other goal. The original defenders and attackers follow to the neutral zone and go in the other direction when they get a pass. Time the shifts, or have the players in the neutral zone change on the go after they have attacked and defended once.

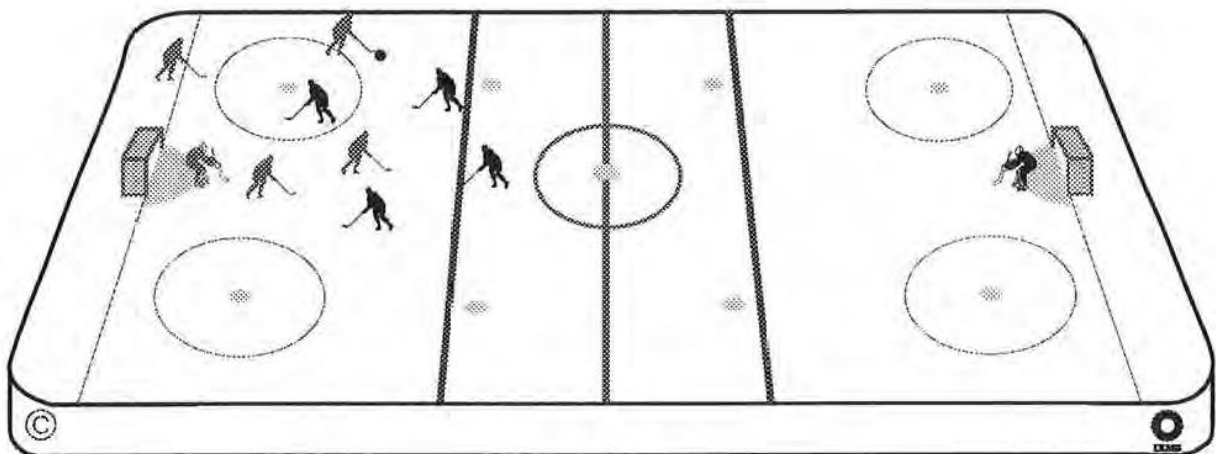


D, ROLES 1 AND 2

Card 215

FULL-ICE GAME LEAVING THE DEFENSIVE ZONE AFTER THE PUCK

Play a full-ice 3-on-3 or 4-on-4 game with the rule that the attacking players cannot leave their zone until the puck is over the blue line. This rule forces the players to come back deep and save ice, support the puck and not leave their defensive zone too early.

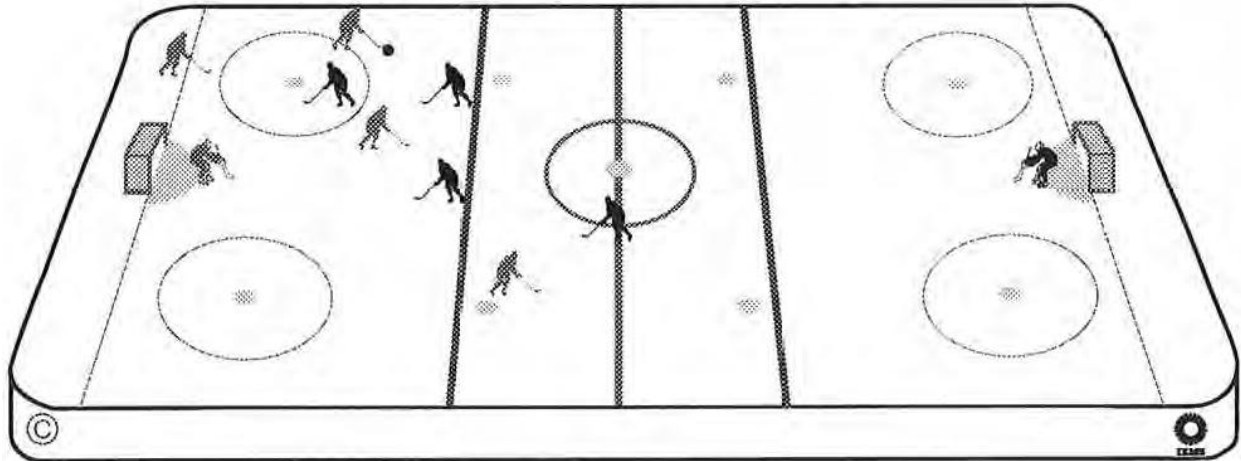


D, ROLES 1 AND 2

Card 216

FULL-ICE GAME, 1 PLAYER LEAVING THE DEFENSIVE ZONE BEFORE THE PUCK

To create depth in the attack, play a full-ice 3-on-3 or 4-on-4 game with the rule that the farthest player from the puck can leave the zone before the puck is over the blue line. This stretch man must only go if he sees that the puck carrier has complete control and will have time to look up the ice.

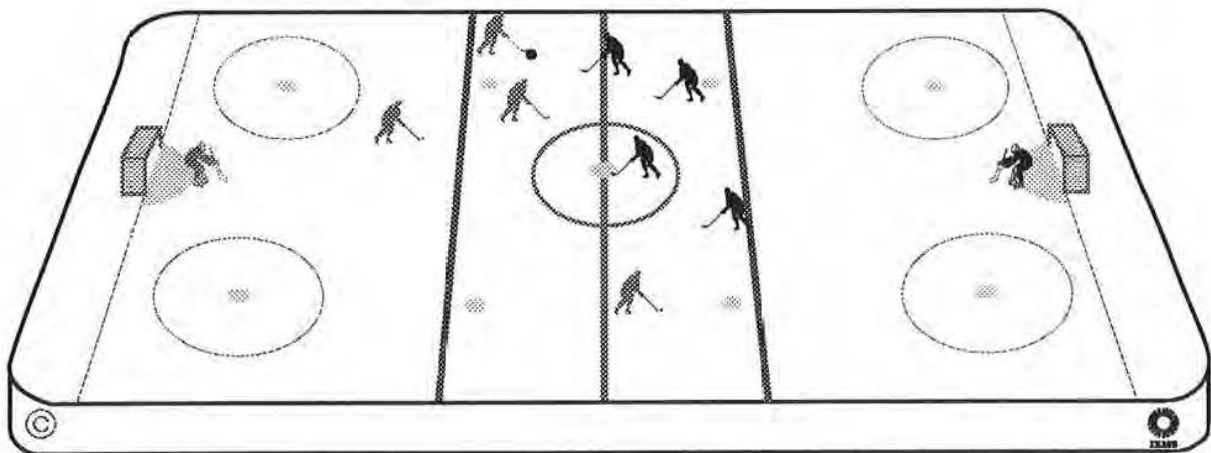


D, ROLES 1 AND 2

Card 217

FULL-ICE WITH NO PASSING UNTIL YOU HAVE GAINED A ZONE

Play a full-ice 3-on-3 or 4-on-4 game with the rule that the player cannot pass until he or she has gained a zone. This forces the puck carrier to drive-skate to open ice with the puck and practice his or her moves. 1 pass is allowed in the offensive zone.

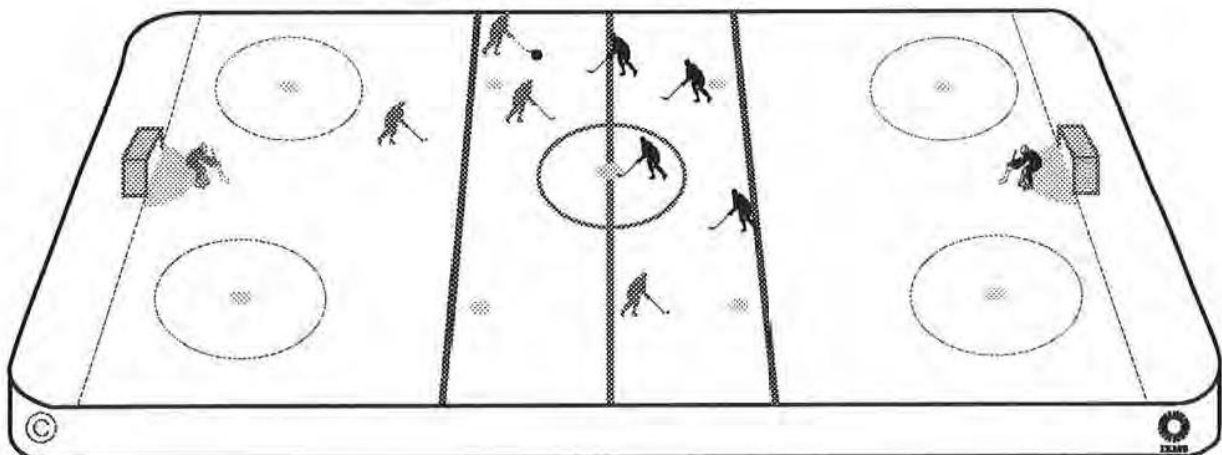


D, ROLES 1 AND 2

Card 218

ALL THE PLAYERS HAVE TO TOUCH THE PUCK BEFORE SCORING

Play a full-ice game of 3-on-3 or 4-on-4 in which all the players have to touch the puck before scoring. This game practices passing and receiving skills and creates the need for close support, requiring the puck carrier to look around for teammates who must be passed to before a shot can be taken.



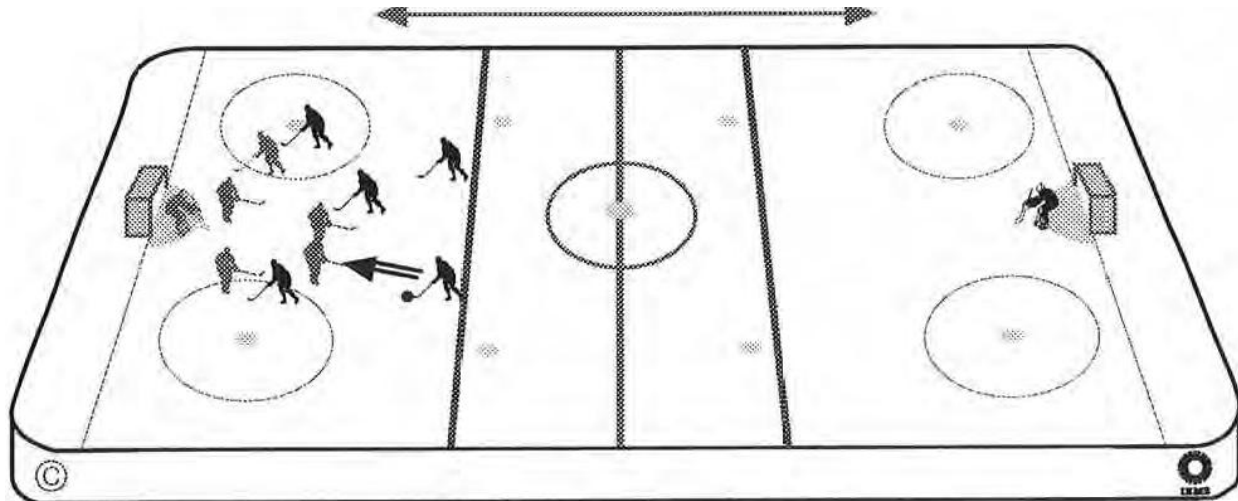
D, ROLES 1 AND 2

Card 219

ALL GOALS MUST BE STARTED BY PLAYS FROM THE DEFENCEMEN

Play a half- or full-ice game and only allow goals scored where the original shot or shot pass is from the point. This encourages the unit to be compact

when attacking and the defense to support the play. The forwards must screen and fight for rebounds. The defense should drag the puck inside the dots before shooting. It also creates a situation where the backcheckers must cover the points.



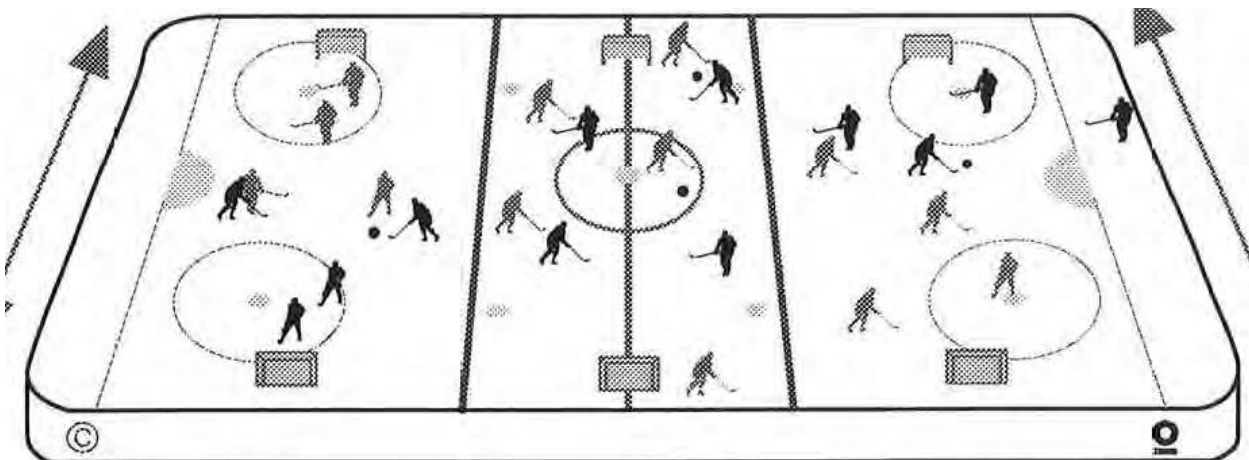
D, ROLES 1 AND 2

Card 220

GAME THAT TEACHES CLOSE SUPPORT

Play a full-, cross- or half-ice game but only allow 2 or 3 stick touches, or 1 or 2 seconds with the puck before passing or shooting. This helps the players to develop split vision and teaches them to look around before they get the puck. It also forces everyone to support the puck carrier.

- Add the rule that only one-timer shots can be used. This requires that the shooter is ready before the puck gets there.

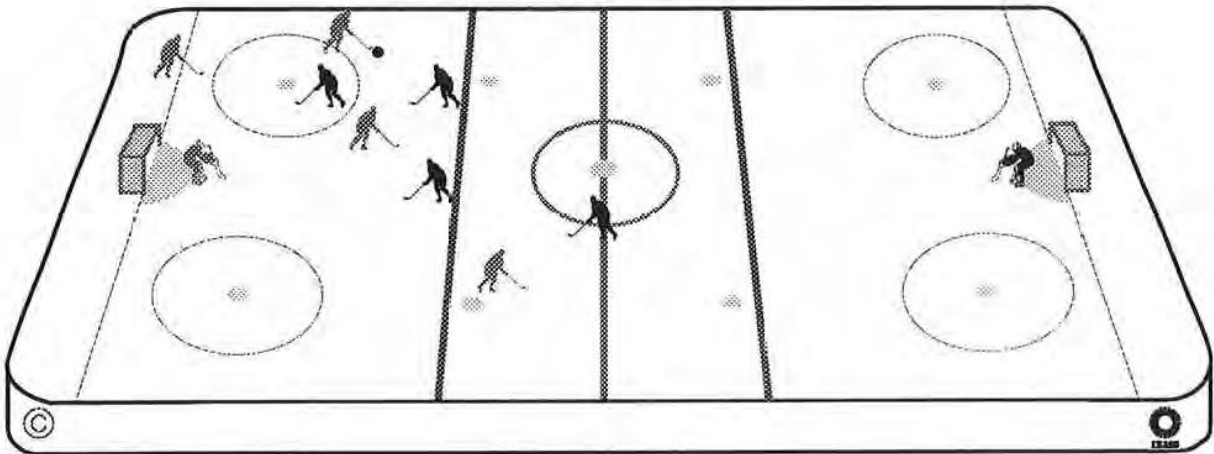


D, ROLES 1 AND 2

Card 221

PASSING TO THE CLOSEST TEAMMATE

The player with the puck must pass to his or her closest teammate. This causes players to come back to the puck or support the puck carrier more closely. It also practices making the easy play.



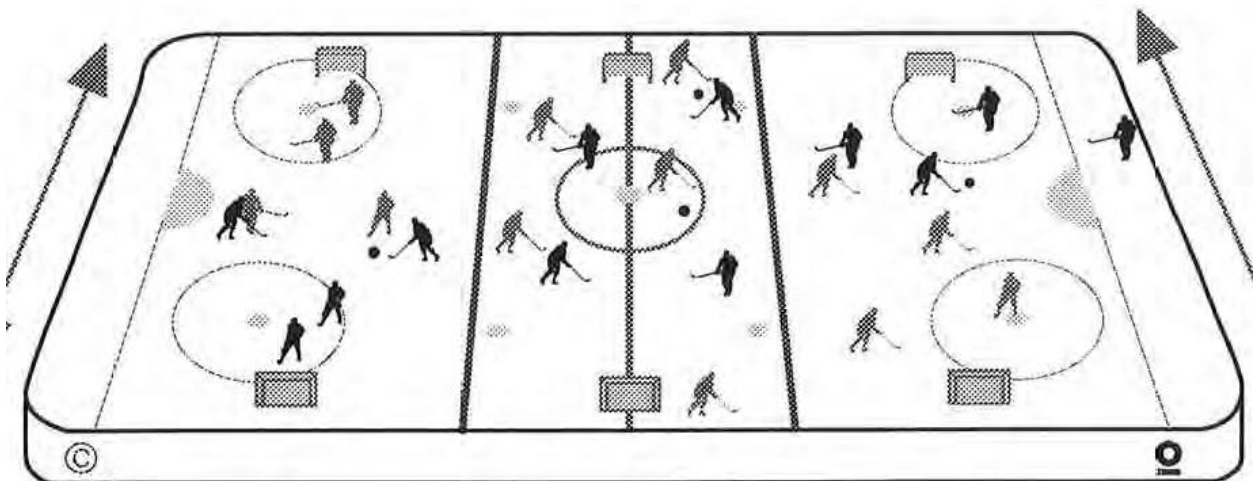
D, ROLES 1 AND 2

Card 222

GAME WITH 7 TO 10 CONSECUTIVE PASSES IN 1 ZONE

Points are given to the teams of maximum 4 players, playing a half-ice game (D4), that can make 7 to 10 consecutive passes. At a more advanced level no return passes are allowed.

- Designate what type of pass must be used, e.g., backhand.

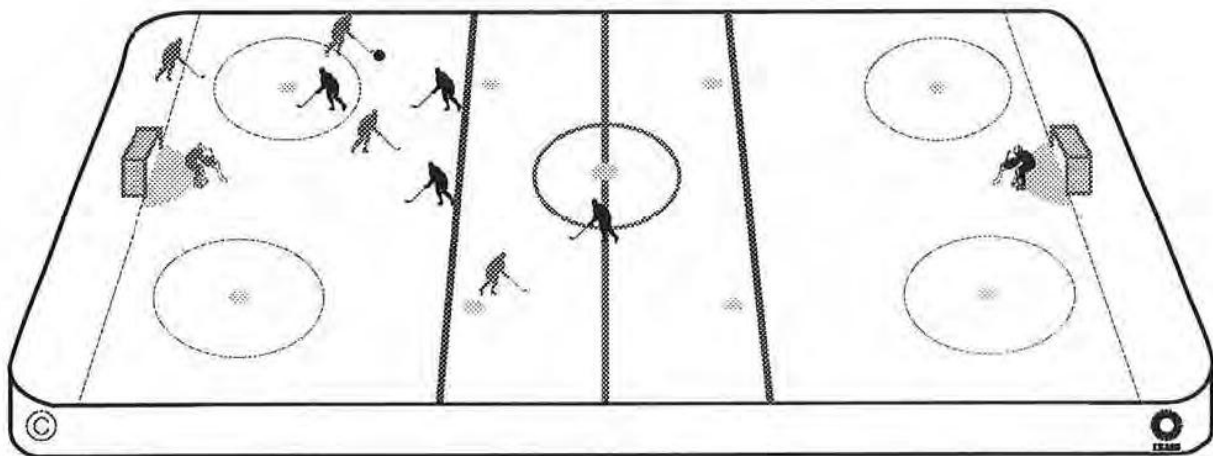


D, ROLES 1 AND 2

Card 223

PLAYING A PUCK-CONTROL GAME

To develop a flow-type of team offense, play games that concentrate on puck control. In this scrimmage the point is not to score until all players have handled the puck in the offensive zone, while the players interchange positions following the principles of offense, using width, depth and support at all times. This game teaches the players to read the play and move into open lanes and supporting positions.



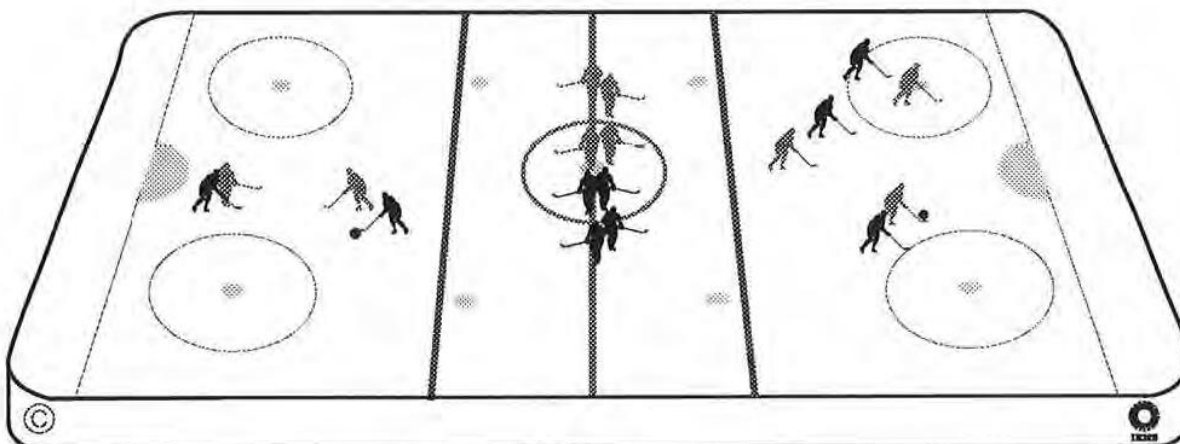
D, ROLES 1 AND 2

Card 224

PUCK-CONTROL GAMES 1-ON-1, 2-ON-2, 3-ON-3 KEEP-AWAY IN HALF OF THE RINK

To develop a flow-type of team offense, play keepaway games that concentrate on puck control. The game is played as a half-ice game with no net. Start 1-on-1 for 30 seconds. The puck carrier has to keep the puck away from the opponent by keeping his feet moving, making tight turns and protecting the puck. After all the players have had 1 turn, play 2-on-2 and then 3-on-3.

- Play 2-on-2 or 3-on-3 keep-away games with all the players active and use these rules:
 1. Hold the stick with only 1 hand.
 2. Hands close together at the top of the stick and legs wide apart.
 3. Players can only use a certain kind of pass, e.g., saucer pass.



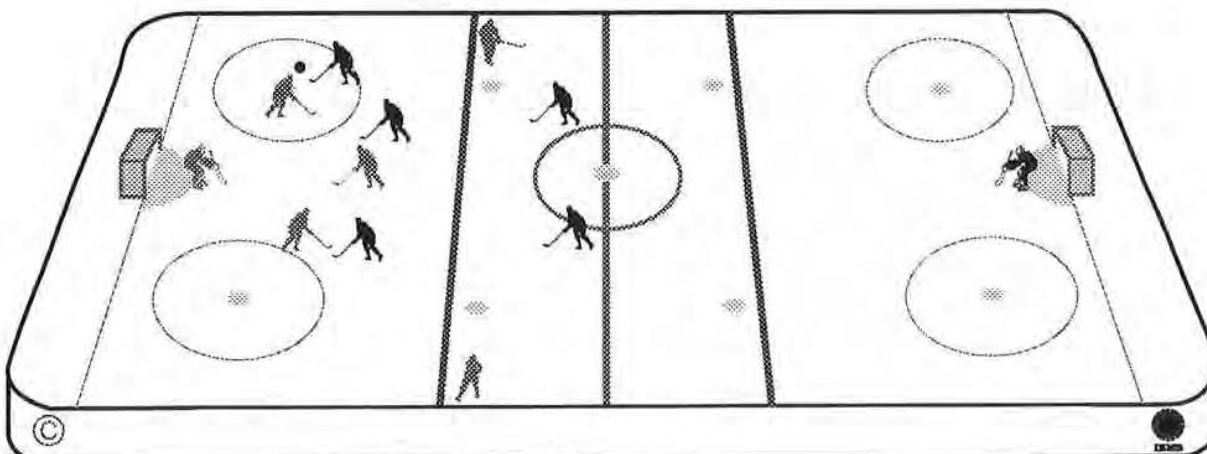
D, ROLE 1 AND 2

Card 225

PRACTICE GAME SITUATIONS BY HAVING PLAYERS WAIT IN THE NEUTRAL ZONE

In order to create the various situations that happen in a hockey game, play 5-on-5 and have players wait in the neutral zone. For example is: practice 3-on-3 at 1 end and 2-on-2 at the other end by having the last 2 backcheckers and the attacking defensemen wait for the puck in the neutral zone.

The other 3 players on each team play 3-on-3 inside the blue line. When the forwards get a clearing pass from their teammates, who just defended in the 2-on-2 situation, they attack the other net 2-on-2 and the players who played the 3-on-3 wait in the neutral zone or are replaced by new players. This game can have time shifts or new players rotate in and wait in the neutral zone after they have attacked and defended once. The coach can use this method to create even or odd-numbered situations, i.e., continuous 3-on-2 or 2-on-3.



D, ORIENTATION

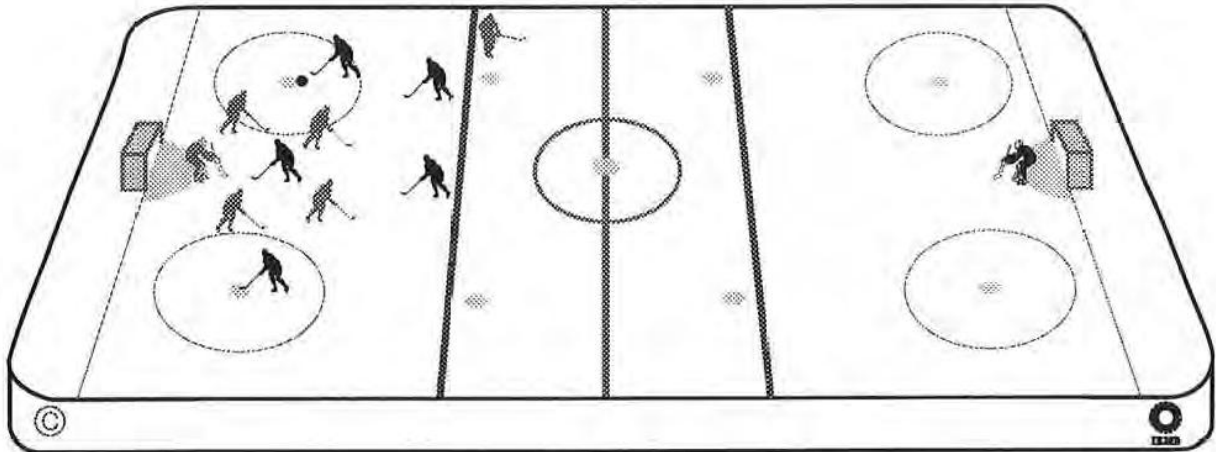
Card 226

POWER-PLAY AND SPECIALITY TEAMS:

HALF-ICE 5-ON-5, 5-ON-4 WITH 1 PLAYER IN NEUTRAL ZONE

To practice the power play and penalty killing, play

a game of 5-on-5 but leave 1 player on the defending team in the neutral zone. Alternate who waits in the neutral zone so all players learn to kill penalties.

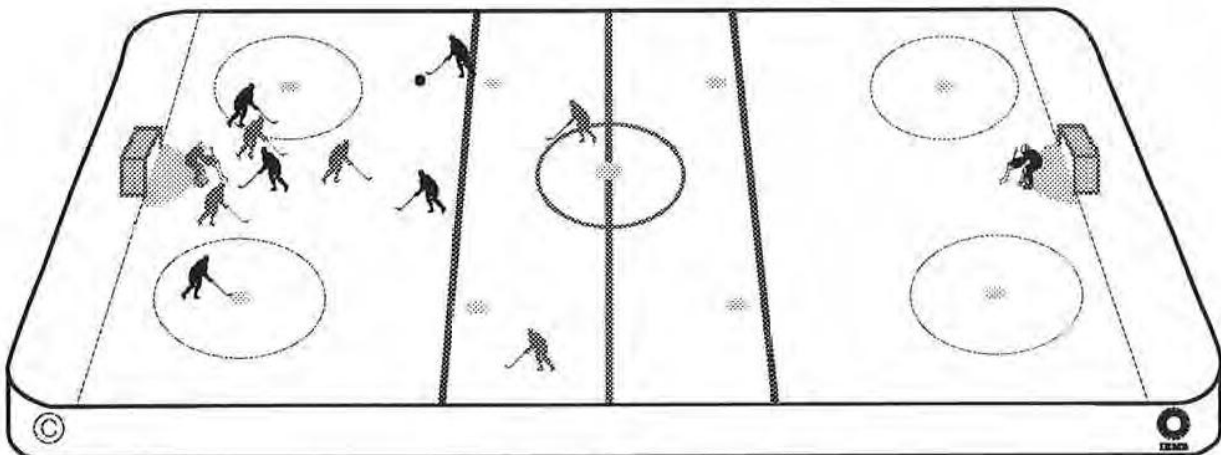


D, 4 PLAYING ROLES

Card 227

HALF-ICE 5-ON-5, 5-ON-3 WITH 2 PLAYERS IN NEUTRAL ZONE

To practice the power play and penalty killing, play a game of 5-on-5 but leave 2 players on the defending team in the neutral zone. Alternate who waits in the neutral zone so all players learn to kill penalties. If your team uses 2 defensemen when 2 men short, then 2 forwards stay outside of the zone. If 2 forwards are used on the kill, then 1 forward and 1 defenseman wait in the neutral zone.



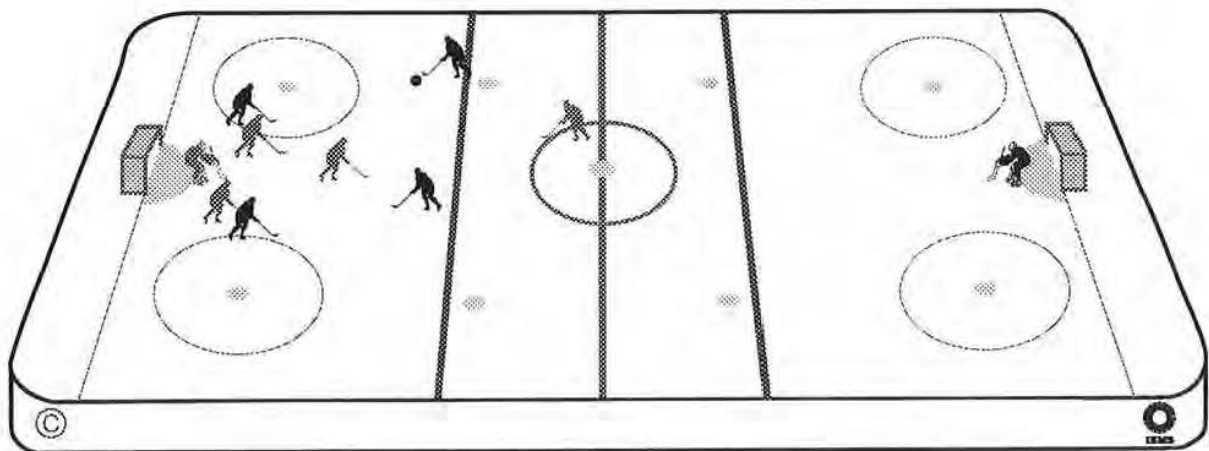
D, 4 PLAYING ROLES

Card 228

HALF-ICE 4-ON-4, 4-ON-3 WITH 1 PLAYER IN NEUTRAL ZONE

To practice the power play and penalty killing, play a game of 4-on-4 but leave 1 player on the defending team in the neutral zone. Alternate who waits in the neutral zone so all players learn to kill penalties.

If your team uses 2 defensemen when 2 men short, then 1 forward stays outside of the zone. If 2 forwards are used on the kill, then 1 defenseman waits in the neutral zone. 1 player on the defending team stays in the neutral zone. This allows 2 units to work on power play and penalty killing. Alternate who waits in the neutral zone so all players learn to kill penalties.



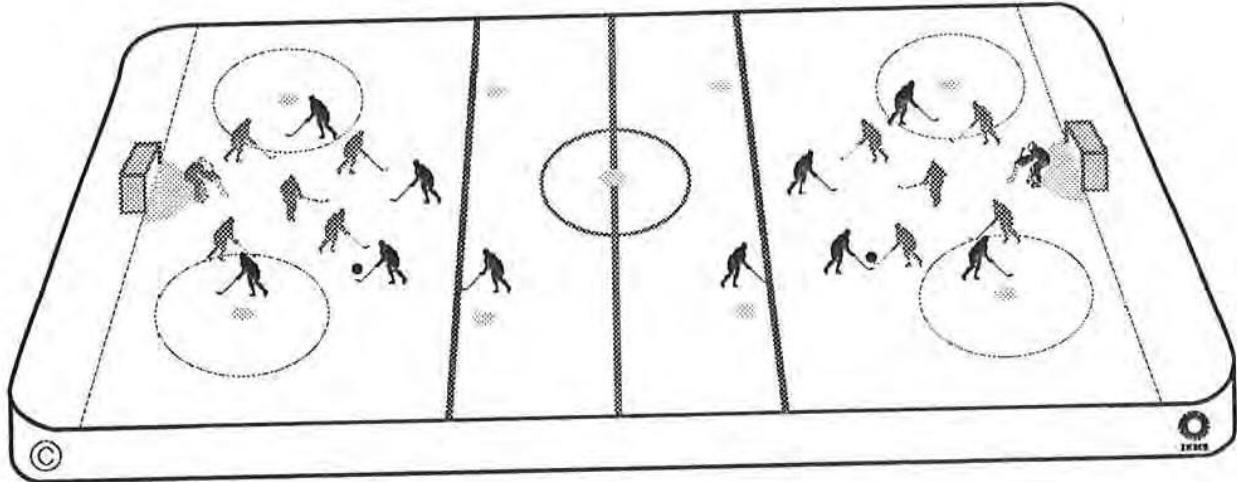
D, 4 PLAYING ROLES

Card 229

DEFENDING THE SLOT WITH A PASSIVE BOX AND 1

- Play a game inside the blue line. The defensive team stands in the slot area in a 2-1-2 formation. They are in a tight box with 1 forward in the middle. The defenders are only allowed to take 1 stride.
- If the puck is coming out of the corner the defenseman takes 1 step toward the puck and the forward in the middle fills the corner of the box. The weak-side forward sags into the slot and the strong-side forward collapses down 1 stride.
- The offensive team can do anything it wants to score. The defenders keep their sticks in the passing lanes, play the body, control the attackers' sticks in the slot and fight for rebounds. Have the same thing going on at both ends. The offense gets 1 minute to score, then switch and allow the defense to attack.
- The main principle of defending is simple; it is to control the slot area in front of your goal.
- When teaching defensive zone coverage the coach should show the players where to skate back to in order to protect the slot area.

- Defend from inside out, always staying between the opponent and the net. As the puck gets closer to the goal more man-to-man coverage is used on players without the puck. The slot area is where the defenders skate to on defense, trying to force the puck to the outside and up the boards. (Bob Murdoch)



D, ROLES 3 AND 4

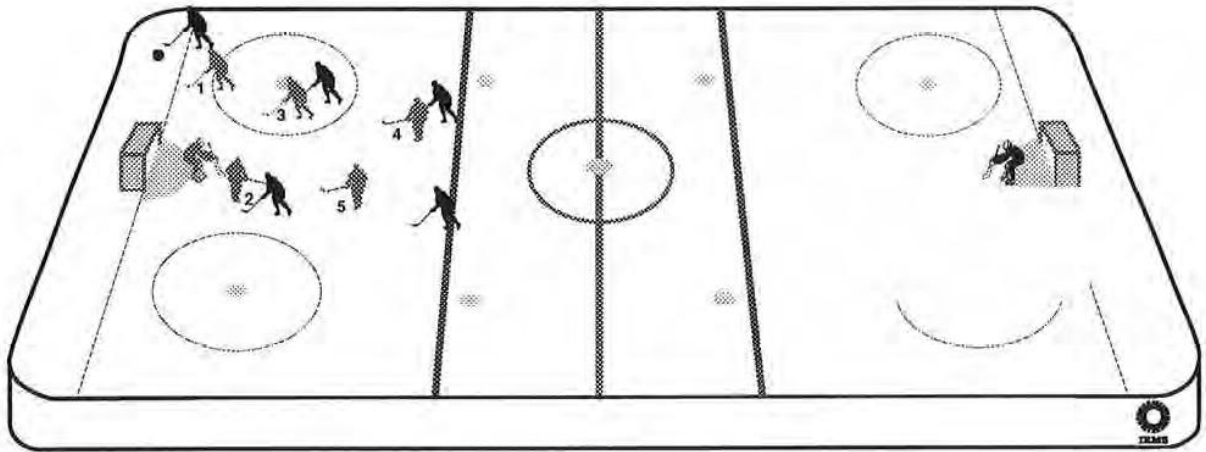
Card 230

ONE-THIRD ICE GAME WITH AGGRESSIVE 2-1-2 DEFENSE

The defense sets up in a tight box with 1 forward in the middle. The description of the 1 checker pressure and a box behind follows:

- The offense starts with the puck at the blue line.
- The closest defensive player pressures the puck from the inside out and makes contact with the attacker.
- When the defender does this the middle forward rotates to his or her place at the puck-side corner of the box and all the defenders move to the strong (puck) side of the ice. Deep in the zone, usually 1 defenseman checks the puck carrier; 1 defenseman covers the attacker in front of the net; the first backchecker backs up the defender in the corner; the second backchecker covers the mid slot and weak-side point and the last backchecker covers the strong-side point. If the first forward back is checking the puck carrier, then the strong-side defenseman is in a low support position.
- The remaining 4 players have sticks in the passing lanes and are on the defensive side of the offensive players.
- When pressuring the puck the defender skates in straight lines and always finishes checks. The middle forward supports the 2-on-1 attack from the inside of the box, always in a position to maintain the defensive side of the check while supporting the first checker. When the play goes to another area the closest player forces the play in the same way. All players are responsible to cover 1 attacker and defend a 2-on-1 if a teammate is beaten.
- If the defenders maintain this tight box and create immediate pressure by the closest defender on the attackers, they will be able to control the slot area in front of their net.

(Bob Murdoch)



D, ROLES 3 AND 4

Card 231

A GAME BATTLING FOR LOOSE PUCKS

The D4 game is played in 1 zone. The players from each team line up behind the faceoff dot just outside of the blue line.

The coach stands with pucks just outside of the blue line, in the middle of the rink. The first player in line on each team moves forward just inside the blue line and plays the point.

On the whistle, 1, 2 or 3 players from each team; or varying numbers of players, up to 3 from each team, go after a puck that is shot into the zone by the coach.

The active players can pass to the pointman who must shoot or pass, but can't skate deep into the zone or on the other half of the ice. When the defending team gets the puck they have to pass to their point before they can attack. Play shifts of 30-60 seconds, then blow the whistle and shoot in another puck (Art Krusel)

Diagram

D4 All 4 Roles

TRANSITION GAMES TO TEACH THE 4 GAME-SITUATION ROLES

When the players have learned the basic skills by doing **one-way** drills where offensive or defensive responsibility is repeated but there is **no transition**, then it is time to practice using the skills in more **realistic situations** that demand both good technique and game understanding.

Transition games allow the coach to create any numerical situation that happens

in a hockey game. The players practice the situation **under game pressure** in the same zone as it would occur in a game.

Levels 3 and 4 show transition games where players **passively** wait in the neutral

zone and become **active** when the puck is passed **over the blue line**.

These games can be used to create power-play and penalty situations or to create

various numerical situations at each end.

In levels 5 and 6 transition games the players **come into** and **leave the play** according to the game situation, so the coach doesn't have to be continually blowing his/her whistle, but is free to talk to the players as the game is going on.

Any of the game formations can be used for transition games. The D200 crossice games and D600, D700 and D800 small-area formations use the same rules as the D100 and D400 transition games that are described below.

HOW TO ORGANIZE A TRANSITION GAME

To organize a transition game the coach must decide what **individual or team skill** to work on and then devise the game. Take your time and go slowly, first **step by step**. Let the players do everything in slow motion so that the game is understood.

When the players are comfortable with the flow of the game the coach can add modified rules to practice individual or team skills. The transition game itself is like a template for teaching all the various situations in the game.

Individual and team-skill work can be added by modifying the rules. For example, to work on the team-skill of **cycling** deep in the offensive zone have the rule that all goals must originate from plays below the goal line. An example of how to work on individual skills would be to designate the **number or type** of passes that must be used or what kind of shot is required to score.

It works best if you start a transition game 1-on-1 and work on game-situation roles 1 and 3. The individual techniques are the foundation for all team play and the 1-on-1 gives all of the players a chance to understand the flow of the game.

After the coach has decided what **needs** to be worked on and where on the ice it should be done, then the flow of the game – who gets support during the play, determines the type of transition game to use.

In transition games you go **from offense to defense and from defense to offense**. The coach can create the situation he/she wants to work on by having the passive players:

1. Give support to the defense
2. The offense
3. Both the offense and the defense.

When the new players come into the play they must assume the **appropriate** game-playing role of either offensive or defensive support.

The cards in this level will show D100, full-ice games and D400 half-ice games

that show:

Transition games where players wait in the neutral zone for a breakout pass and the play goes toward the other end. This game isolates situations in the neutral zone and at each end (*game-situation roles 1, 2, 3 and 4*).

Transition games where the attacking team gets support from teammates joining the play (*game-situation role 2*).

Transition games where the defending team gets support from back checkers (*game-situation role 4*).

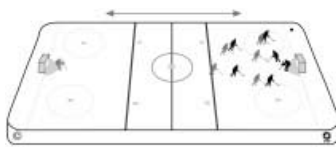
Transition games where both the offensive and defensive teams have supporting players join the play (*game-situation roles 2 and 4*).

As the play continues their roles change from defensive to offensive or offensive to defensive responsibilities and all 3 playing situations: offense, defense and loose puck will be encountered.

Card 233

PRINCIPLES OF USING TRANSITION GAMES TO LEARN TO UNDERSTAND THE GAME

- All defend-attack-leave half-ice and full-ice games can isolate the defensive-zone team-play skills of 1-on-1 up to 5-on-6 as well as the penalty-killing skills.
 - All attack-defend-leave half-ice, full-ice and cross ice games can isolate the defensive-zone team play concepts from the 1-on-1 up to 5-on-6.
 - All continuous half-ice and full-ice games with both offensive and defensive support can be used to practice specific positions in all situations.
- All full-, half- and cross-ice games where 1 defensive player waits outside of the defensive zone are good for practicing defensive skills in outnumbered situations, e.g., 5-on-5 full-ice game with 1 defensive forward staying in the neutral zone creates a 5-on-4 in the zone.



DT, ORIENTATION

GAMES WITH PLAYERS WAITING FOR THE PUCK IN THE NEUTRAL ZONE

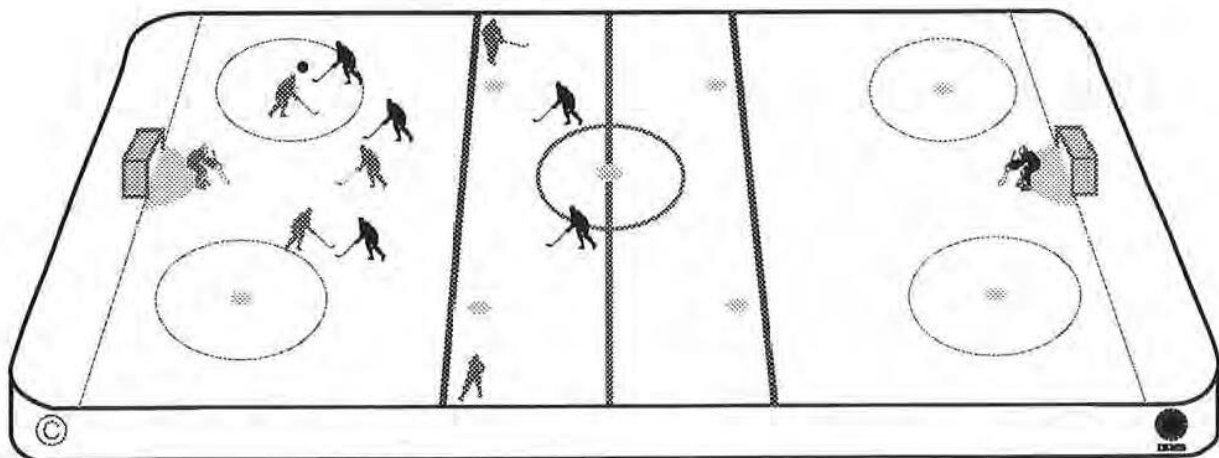
1. Transition games where players wait in the neutral zone for a breakout pass and the play goes towards the other end. This game isolates situations in the neutral zone and at each end (game-situation roles 1, 2, 3 and 4).

Card 234

DEFENDING 3-ON-3, 2-ON-2, IN THE DEFENSIVE ZONE

Attack-Defend-Pass-Leave Sequence. In order to isolate offensive and defensive situations: play a full ice game of 5-on-5 where each team leaves 2 players in the neutral zone when 1 team attacks 3-on-3 and 2 players from each team stay in the neutral zone as the opponent attacks the other goal 2-on-2. The game is organized in the following manner:

- 1 team attacks 3 versus 3 and when the defending team gets the puck they pass to the neutral zone and there will be a 2-on-2 situation at the other end.
- In the 3-on-3 situation, 1 line plays 2 defenseman and 1 forward as a backchecker while defending. The other 2 forwards attack 2-on-2 the other way.
- The other line has 3 forwards on offense and 2 defensemen for the 2-on-2 at the other end. Many other numerical situations can be practiced using this method. Have all forwards take turns being the backcheckers.
- Halfway through the game, change so the other team plays the 2-on-2 and 3-on-3 situations.
- The shifts can be timed or the players can change on the go after they have attacked and defended.
- * Any number of players from 1 to 5 can wait in the neutral zone.
- A modification of this game is to have the defensive team wait in the neutral zone and play against the team that is breaking out of their defensive zone.



DT100

DEFEND- ATTACK GAMES

2. Transition games where the attacking team gets support from teammates joining the play (game-situation role 2).

Card 235

DT100, FULL-ICE DEFEND-ATTACK GAME

This game works on all situations up to a 3-on-3 but is especially good for teaching the 4 game situation

roles deep in the offensive and defensive zones. In this game you line the players along the boards in the neutral zone.

- Start with a 1-on-1 situation with a player from the lineup supporting the attacking player at the point.
- * * The offensive player tries to score and the defensive player tries to regain the puck and attack the other way.
- After a goal, or when the defender regains the puck and crosses the blue line, he/she attacks the other way versus the new player at the point. The original defender goes to the back of the line.
- At advanced levels the coach can add more players and a regroup in the neutral zone with the original players follow the play until the puck crosses the offensive blue line.

Diagram

All 4 Game Playing Roles

Card 236

DT100 FULL ICE DEFEND GAME WITH A PASS TO THE POINT

This game works on all situations up to a 3-on-3 situation. The pass to the point creates a situation where the defender must keep the attacker from screening the goalie, getting a pass or scoring on a rebound.

- Start with a 1-on-1 and the attacker gets support from a teammate waiting in the neutral zone when the puck crosses the blue line.
- The attacker may pass to the point. The point man cannot walk in and shoot, but must pass or shoot within 2 seconds. This enables the defender to continue playing the 1-on-1 low. (This simulates that the point man is being covered.)
- After a goal or when the defender crosses the blue line, he/she attacks the other way versus the new player at the point. The original attacker goes to the end of the line in the neutral zone.

At advanced levels the coach can add more players and a regroup in the neutral zone with the original players not leaving until the puck crosses the offensive blue line. This is great for working on defensive gap control.

Diagram

All 4 Game playing Roles

Card 237

HALF-ICE DEFEND-ATTACK GAME WITH A PASS TO THE POINT

- Start with a 1-on-1 and the attacker gets support from the lineup in the neutral zone when the puck crosses the blue line. The attacker may pass to the point. The point man cannot walk in and shoot, but must pass or shoot within 2 seconds.
- This enables the defender to continue playing the

1-on-1 low.

The pass to the point creates a situation where the defender must keep the attacker from screening the goalie, getting a pass or scoring on a rebound.

- After a goal or when the defender skates out to the red line with the puck, the point man mirrors him and turns, defending the original goal.
- When the defender crosses the blue line with the puck, the original attacker goes to the end of the line in the neutral zone.
- At advanced levels the coach can add more players and a regroup in the neutral zone. The new offensive player skates to the far blue line before turning back to attack.

Diagram

All 4 Game Playing Roles

ATTACK-DEFEND GAMES

3. Transition games where the defending team gets support from backcheckers (role 4).

Card 238

FULL-ICE ATTACK-DEFEND GAME

Use the D100 formation starting with a 1-on-1 game with the extra players waiting in the neutral zone.

- The defensive player gets support from a teammate when the puck crosses the defensive blue line.
- The 1-on-1 now becomes a 1-on-2 and the original defender concentrates on the attacker's body while the backchecker picks up the puck and attacks in the other direction while the original attacker backchecks.
- When the puck crosses the offensive blue line the defending player gets support from a teammate making it 1-on-2.
- On a goal, or when the defenders gain the puck, the new backchecker attacks the goal at the other end.
- When the puck is cleared over the defensive blue line the original defending player returns to the lineup on the boards.

This flow of, give defensive support, attack the opponent's net, and then defend, continues.

As many as 3 supporting players can join the play or the coach can send 1, 2 or 3 players to support in order to have the players recognize the game situation.

Diagram

DT100

Card 239

HALF-ICE GAME OF D400 WITH THE EXTRA PLAYERS WAITING AT THE RED LINE

Play either 1 or 2 D400 half-ice Attack-Defend games at once. Teams are organized into 2 lines of 1, 2 or 3 players each. 1 line attacks or defends while their teammates rest near the red line.

- When the defending team gets the puck they must break out over the blue line and pass to a

waiting teammate at the red line. If the puck is simply dumped out then it is a loose puck and any one of the active players can get it.

- When a successful pass is made the passive players go onto offense and attack versus the players who were just on offense.
- When these new attackers lose the puck or are scored on, they must defend against the passive players who are waiting for a pass near the red line.

This game works on all 4 game-situation playing roles and the 3 playing situations.

Play timed games or up to a certain score. Play tournaments and add modified rules that stipulate individual or team skills.

Diagram DT400

Card 240

HALF-ICE GAME OF BACKCHECK – BREAKOUT – ATTACK – DEFEND – REST

In this game the extra players wait along the boards in the neutral zone and backcheck to support the defender when the puck crosses the blue line, making it a 1-on-2 situation.

- When the new defensive player gets the puck he/she skates to the far blue line before turning and attacking the original attacker.
- This flow continues when the puck crosses the blue line and the new defender gets support from a teammate.
- This transition game can be played at 1 or both ends at once. A regroup in the neutral zone can be added to practice keeping a tight gap.

Diagram DT400

SITUATION ROLES 1, 2, 3, 4

4. Transition games where both the offensive and defensive teams have supporting players join the play (game-situation role 2 and 4).

Card 241

- This is the ultimate transition game to practice all possible play situations from 1-on-1 to 6-on-5.
- To learn the game, start playing 1-on-1 and when the puck crosses the offensive blue line both the attacker and defender get support from the teammates waiting along the boards in the neutral zone.
- The 1-on-1 situation becomes a 2-on-2 and the new supporting players must assume the responsibilities of game-situation roles 2 and 4.

VARIATIONS:

Create any numerical situation by adjusting how many players support the active players. To create even-numbered situations give support with as many defenders as attackers and as many attackers as defenders.

- That is, on a continuous 2-on-1, 2 players would support on defense and 1 would give offensive support.
- The 2-on-1 and 1-on-2 would become a 3-on-3 in the end zones and a 2-on-1 or 1-on-2 in the neutral zone. A 2-on-2 and 3-on-1 through the neutral zone becomes 4-on-4 in the end zones. A 3-on-2 or 2-on-3 through the neutral zone becomes 5-on-5 at each end.
- The supporting players can simply line up on 1 side of the ice and join the play according to the 1-2-3-4-5 principles of team play, or they can play their own position, i.e., as defensemen or forwards.

In the diagram the forwards are on 1 side and the defensemen on the other side.

- The forwards give support to their defense and the defense give support to their forwards when the puck crosses the blue line.

- In the 1-on-1 to 2-on-2 situation in the diagram the defenseman will support from the point and may jump into the play.

- The forward must cover the new defenseman and then get open for a breakout pass when the defender gets the puck, or go low and pick up a loose puck if the defender pins the attacker.

When you have a continuous 2-on-1 the first backchecking forward must give low support to the defender and the second backchecker must cover the new defenseman. By using this continuous game the coach can teach team-play concepts as well as work on individual techniques.

The coach can adjust the number of supporting players to create uneven situations, e.g., a 2-on-1 with only 1 backchecking forward and 1 supporting attacker would create a 3-on-2 in the end zone and a 1-on-1 in the neutral zone. When 2 forwards backcheck and 1 attacker joins the play, you have a 2-on-3 attack in the end zone and a 2-on-1 through the neutral zone. The situations are limited only by the imagination of the coach.

Diagram DT100

Card 242

A HALF-ICE TRANSITION GAME OF 1-ON-1 THEN 2-ON-2 IN THE DEFENSIVE ZONE

The team can practice various half-ice situations using this transition game. It is best to have the teams wearing only 2 colors.

- 1 player attack 1 versus 1.
- When the puck crosses the blue line 1 forward (F2), from the defending team and 1 defenseman (D2) from the attacking team follow the play into the zone.
- The backchecker must cover the new defenseman, who supports the attack.
- When the defenders regain the puck or a goal is scored, they break out as far as the red line and then turn back and attack 1-on-1, F2 versus D2.

Keep score and use this method to play games and tournaments. Other situations such as 2-on-1 to 3-on-3, 2-on-2 to 4-on-4, 3-on-1 to 4-on-4 and 3-on-2 to 5-on-5 can be played.

Diagram

DT400, GAME-SITUATION ROLES 1,2,3,4

