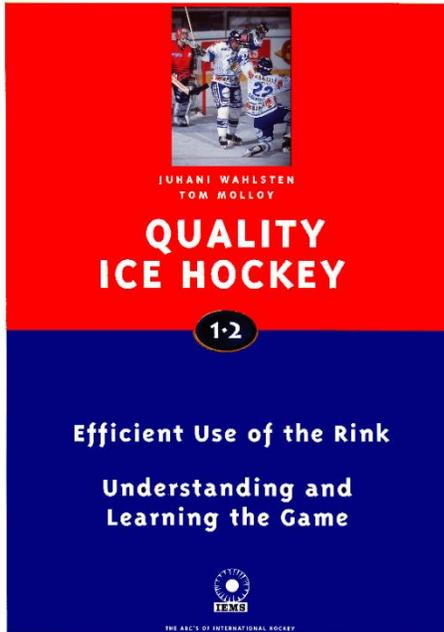


Variations from One Practice Formation



BASIC FORMATIONS

BASIC FORMATIONS

12 THE ARCS OF INTERNATIONAL HOCKEY

13 THE ARCS OF INTERNATIONAL HOCKEY

BASIC FORMATIONS

B6 BASIC FORMATION

This is another half ice formation that can have many variations. The players are grouped in the corners of the rink and shoot on the goal at the same end as they are standing. This formation can be used for warm up routines before the game, and is very useful for individual as well as partner and team exercises.



Teaching Points

The shorter the skating distance, the more repetitions possible. This may be a concern for the less skilled and younger player. Depending on the task the players come to the same row or switch sides.

B600 FORMATION

In this formation individual skills are practiced using four groups standing along the boards either at the blue line or in the neutral zone.



Teaching Points

In situations using one or two players, the players from two lines can leave at the same time. When three or more players are involved it works best if players from only one line leave at the same time.

BY FACE OFF PRACTICE

Practice taking faceoffs at the dots on the various zones of the ice. One player drops the puck while two players practice faceoff techniques.



Teaching Points

The player should watch the puck in the referees hand before faceoffs. Another habit to develop is to check that all players are in position and ready before putting the stick down for a faceoff.

C1 BASIC FORMATION

C coded exercises take the individual skills learned in the A exercises, and the partner skills learned in B exercises and put them into more gamelike situations. In C exercises the main purpose is to score while on offense and to prevent a goal and regain possession of the puck while defending.

In C1 the players are lined up in a row in the neutral zone with each half facing the goal in their half of the ice. This is the same basic formation as in B4 and E1. The players leave the line skating towards their own net and turn the other way at the face-off circle or else shoot on the net and then get another puck. Each line turns towards the other side of the rink. Different gamelike tasks are done while skating towards the opposite net.

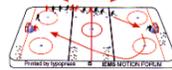


Teaching Points

This formation can be used for A and B drills and then progressing into more complex C exercises.

C2 BASIC FORMATION

In this formation all of the players line up on one side of the rink against the boards. This formation is good when large groups leave at the same time, if only one or two players leave, at a time the line-up is too long, unless it is used for teaching or speed purposes. Usually C2 exercises start with a shot on goal, followed by picking up a new puck and playing a gamelike situation such as a breakout or a 2 on 2, or 3 on 1 etc.



Teaching Points

This formation gives maximum space for the drills. Adjust where you want the players to stand. If the exercise requires space in the neutral zone, then have them line up inside the blue line. If the area inside the blue line is needed, then line up in the neutral zone. As a coach you have to decide what is important to make your C drills as game like as possible. Almost all of the essential skills of hockey can be practiced from the C2 formation. Practicing the challenges of gamelike situations like breakouts and timing are important in developing the ability to use their skills at the right place and time during a game.

C₂ BASIC FORMATION

The players are in two groups against the boards on opposite sides of the ice. The players can start out in many ways such as making an offensive play and taking a shot at one end, and then picking up a new puck and making a play at the other end. They can also practice team play activities such as the breakout or any situation such as a 1-0 followed by a 2-2, or 4-1 the other way. All the drill situations can be practiced from this formation with the advantage that the players must make gamelike read and react decisions in all three zones.



Teaching Points

The coach can have the players practice a particular individual or team skill at any area on the ice. The coach can concentrate on one skill while his assistants are at another area focusing on another aspect of the drill. Move the line-up along the boards as explained in C₂. When the neutral zone is important keep the players inside the blueline and close to the boards. Move them closer to the redline if the deep zone play is the focus.

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 as building blocks for learning how to play in gamelike situations.



Teaching Points

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

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 and reading and reacting skills will naturally be developed. This formation encourages creativity and split vision in more theatrical situations.



I will use the B600 basic formation as an example. The players start from the four bluelines on the boards.

<https://1drv.ms/u/s!AukXg5gWoW-9hrQ1p8-qhiUw7wcvnQ?e=GhYLeX>

Flames do these 4 drills but put them in one sequence.

B600 – Vertical Give and Go

<https://1drv.ms/v/s!AukXg5gWoW-9hdo1CF7ZPwqqmDKx0A?e=0QnvFe>

B600 – Two Pass Timing

<https://1drv.ms/v/s!AukXg5gWoW-9hdo2JZooUngaW3xF7Q?e=AYuDbw>

B600 – One Touch Diagonal – Stretch Pass

<https://1drv.ms/v/s!AukXg5gWoW-9hdo3017bqRe4BTGAZw?e=ZBoadc>

B600 – Multiple Passes

<https://1drv.ms/v/s!AukXg5gWoW-9hdo7kRegGjrzCbKZlg?e=OCBNza>

Put the four drills all together one after another from the same B600 Formation.

B600 – 4 Drill Skill Warm up

<https://1drv.ms/v/s!AukXg5gWoW-9hdpR7-NXyb2wzFwN2Q?e=dSN7iF>

B600 - Multiple Pass – unopposed, add opposition, add a pass.

<https://1drv.ms/u/s!AukXg5gWoW-9hrRK5IpQY3rawNFN1w?e=xtP8Nr>

Add a pass or turn it into C600 by adding a 1-1 after you shoot.

B600 – One Touch Passes – Pro

https://1drv.ms/v/s!AukXg5gWoW-9hrRJAagCRong_6QKpw?e=h9tybN

- One pass and skate in for a shot.

B600 – Make two passes instead of one each time. This would still be a B600

C600 – Multiple Passes 1-1 – U18 F

https://1drv.ms/v/s!AukXg5gWoW-9hrQ_rZQgflt5Hg2Fkw?e=mDlahQ

- One pass and play a 1-1 after you shoot.

C600 – Multiple Passes x 2 – 1-1 x 2 Make two passes at each corner then a 1-1 After.

<https://1drv.ms/v/s!AukXg5gWoW-9hrQ9vjB71TMnHrILPQ?e=HI5TXd>

B600 – Tomas Continuous Regroup Options – change the drill by adding players, dump in's to practice team play.

<https://1drv.ms/u/s!AukXg5gWoW-9hrRM9tK99TweMWkboA?e=Tunrpn>

B600 - Continuous 2-2 Regroup – Tomas

<https://1drv.ms/v/s!AukXg5gWoW-9hrQ6eG-tpvrZ6tX29w?e=fuCeQN>

– Continuous regroup with two forwards pressuring 2-1-2

B600 - Tomas RG-FC - 1-2 - U18

https://1drv.ms/v/s!AukXg5gWoW-9hrRLfHr_WNy-BJ1WBA?e=jwvudy

- Continuous with one forward pressuring practicing 1-2-2

B600 - NZ Regroup 3 F - Tomas – College

<https://1drv.ms/v/s!AukXg5gWoW-9hrRIhNd9reMoZRuA4A?e=5rhFwh>

- Three forwards pressure one F1-F2 a D each F3 mirror

B600 - Tomas 3 F Dump in – College

<https://1drv.ms/v/s!AukXg5gWoW-9hrQ5W67GkVXFiqREcQ?e=G8fK9v>

- Instead of regrouping dump the puck in and forecheck.

C600 Game Situation Drills – Practice all the numerical situations, add regroup and dump ins.

<https://1drv.ms/u/s!AukXg5gWoW-9hrRNfDjUE7twZr6BMw?e=tC4Q2k>

C600 Multiple Passes - 1-1 x 2 - U18 F

<https://1drv.ms/v/s!AukXg5gWoW-9hrQ9vjB71TMnHrILPQ?e=1kh4TC>

- Add a 1-1

C600 - 2 on 1 x 2 - Pro 1

<https://1drv.ms/v/s!AukXg5gWoW-9hrQ8XQkpl56dfwPpGg?e=WIGv7d>

- Continuous 2-1's alternating ends.

C600 - 2 on 2 x 2 – Pro

<https://1drv.ms/v/s!AukXg5gWoW-9hrQ7AsWd1Tcnp1cJ4g?e=zfBfTu>

- Add one defender and continuous 2-2 at alternate ends.

DT100 - Full Ice Transition Games

Transition Games to practice game situations with no whistles and players rotate in and out. Create any numerical situation. Add regroup, dump ins. Give either passive, active or a combination of passive and active support. Have games and keep score. My opinion is this is most effective way to practice team play in game situations and even smaller situations like a continuous 2-1 to 3-3.

<https://1drv.ms/u/s!AukXg5gWoW-9hrROArUEfimPcFh1WQ?e=ZNkbNG>

DT100 - Continuous 2-1 - Passive Support – Pro

<https://1drv.ms/v/s!AukXg5gWoW-9hrRCixvM2d6gvXD7IQ?e=YcAQsX>

- 2 F and 1 D follow to get the other direction.

DT100 - Continuous 2-2 to 4-4 Tag up - U18 F

<https://1drv.ms/v/s!AukXg5gWoW-9hrRFawXD5OKfQaBuXw?e=OhVdlP>

- 2 F and 2 D touch the far blue line before giving active support.

DT100 - Continuous 2-2 No Positions - U18

https://1drv.ms/v/s!AukXg5gWoW-9hrRHGRq7I_63MsuaQA?e=cym7LZ

– Two offensive and two defensive players follow the play into the zone and give active support making it a 4-4.

DT100 - 1 on 2, 2 on 3, Regroup - Juuso, Yursi

https://1drv.ms/v/s!AukXg5gWoW-9hrRA9TMRLMem_MYXTw?e=cXQCFD

- Gain the red line then dump the puck in and forecheck.

DT100 Continuous 2-2 with Regroup - Flames B

<https://1drv.ms/v/s!AukXg5gWoW-9hrREW2F-wsrOLMKvNA?e=dgVSnD>

- Regroup in the neutral zone on the whistle or make it a rule for each attack or an option for the attackers.

DT100 - Transition Game 3-2 to 3-3 - RB Pro

<https://1drv.ms/v/s!AukXg5gWoW-9hrRGK9muRI7MjWhZ0Q?e=06IF0Y>

– Three F and two D follow the play into the zone. The first forward helps the 2 D to turn the 3-2 into a low 3-3. The other 2 F and 2 D are passive.

DT100 - Continuous 2-2 - F1 Backtrack- Pro

<https://1drv.ms/v/s!AukXg5gWoW-9hrRBwmXJihUWdBy7qw?e=buBUUh>

– Two F and two D follow the attack with the first forward giving low support and making it a 2-3 after the initial 2-2 attack.

DT100 Continuous 2 on 2 - D Join Attack F Backcheck - U18 F

<https://1drv.ms/v/s!AukXg5gWoW-9hrRD8GNrWVSA2ZrkPw?e=6rwHUC>

– Two F and two D follow the attack into the zone and play 4-4. One D joins the rush and one F backchecks making it a 3-3 on the rush and a 5-5 when the two new D and F's follow the play into the zone.