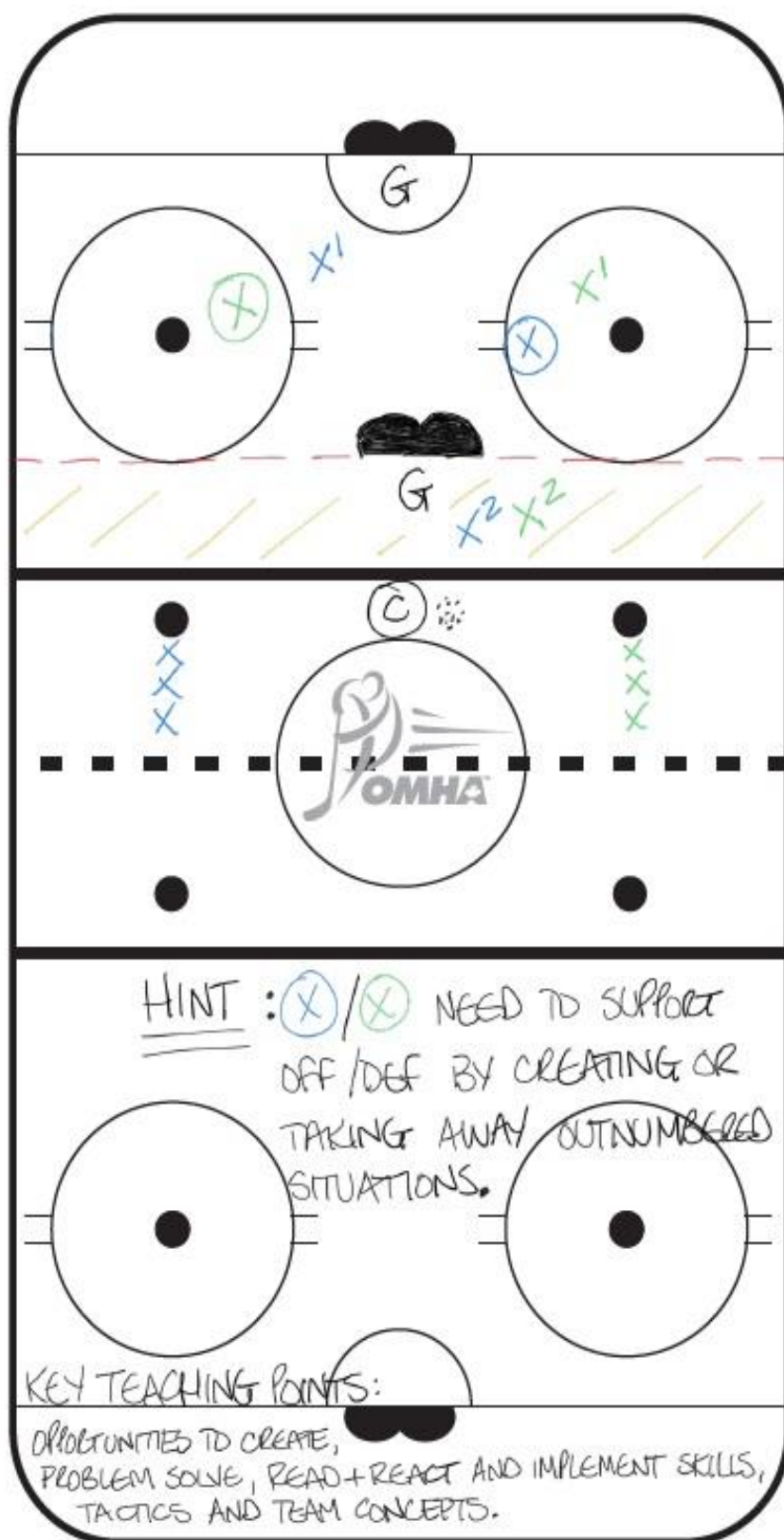


OMHA DEVELOPMENT PROGRAMS



3v3 ROVER

- SET-UP:
 1 NET IN REGULAR CREASE; 2ND NET CENTERED ON RINGETTE (OR TOP OF CIRCLES).

- ROLES FOR PLAYERS
 (X)/(X): THESE PLAYERS CAN GO ANYWHERE IN THE PLAYING AREA.

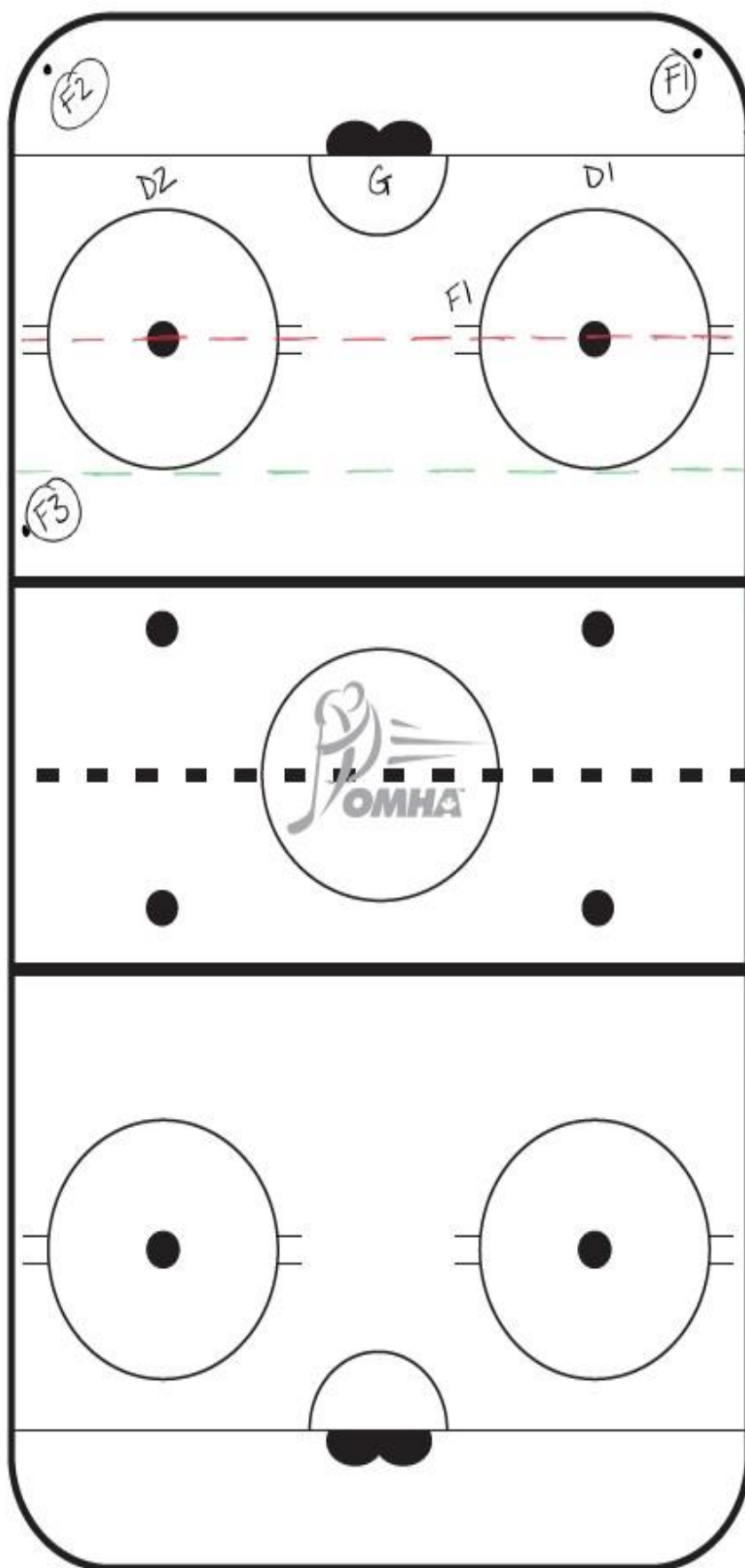
X1/X1: MUST STAY IN LOWER ZONE, CANNOT SKATE INTO AREA / ABOVE RINGETTE.

X2/X2: PLAY IN UPPER ZONE, CANNOT GO BELOW RINGETTE / TOPS OF CIRCLES.

- GAME PLAY:

- * 3v3
- * 3 PASS (MIN.) BEFORE ATTEMPTING TO SCORE
- * CAN PASS TO (C)

DEFENSIVE TEAM PLAY:



① (F1) GOES 1V2 VERSUS D1/F1, STAYING BELOW DOTS. (F1) CAN GO BEHIND NET BUT CANNOT FADE INTO THE CORNER. PLAY UNTIL A WHISTLE.

② WHISTLE ACTIVATES (F2) + D2 TO CREATE A 2V3, STAYING BELOW THE TOPS OF THE CIRCLES. PLAY UNTIL A WHISTLE.

③ WHISTLE ACTIVATES (F3) WHO MUST CHIP OR CYCLE THE PUCK BELOW THE TOPS OF THE CIRCLES, THEN ACTIVATE TO CREATE 3V3.

*DEF. TEAM:

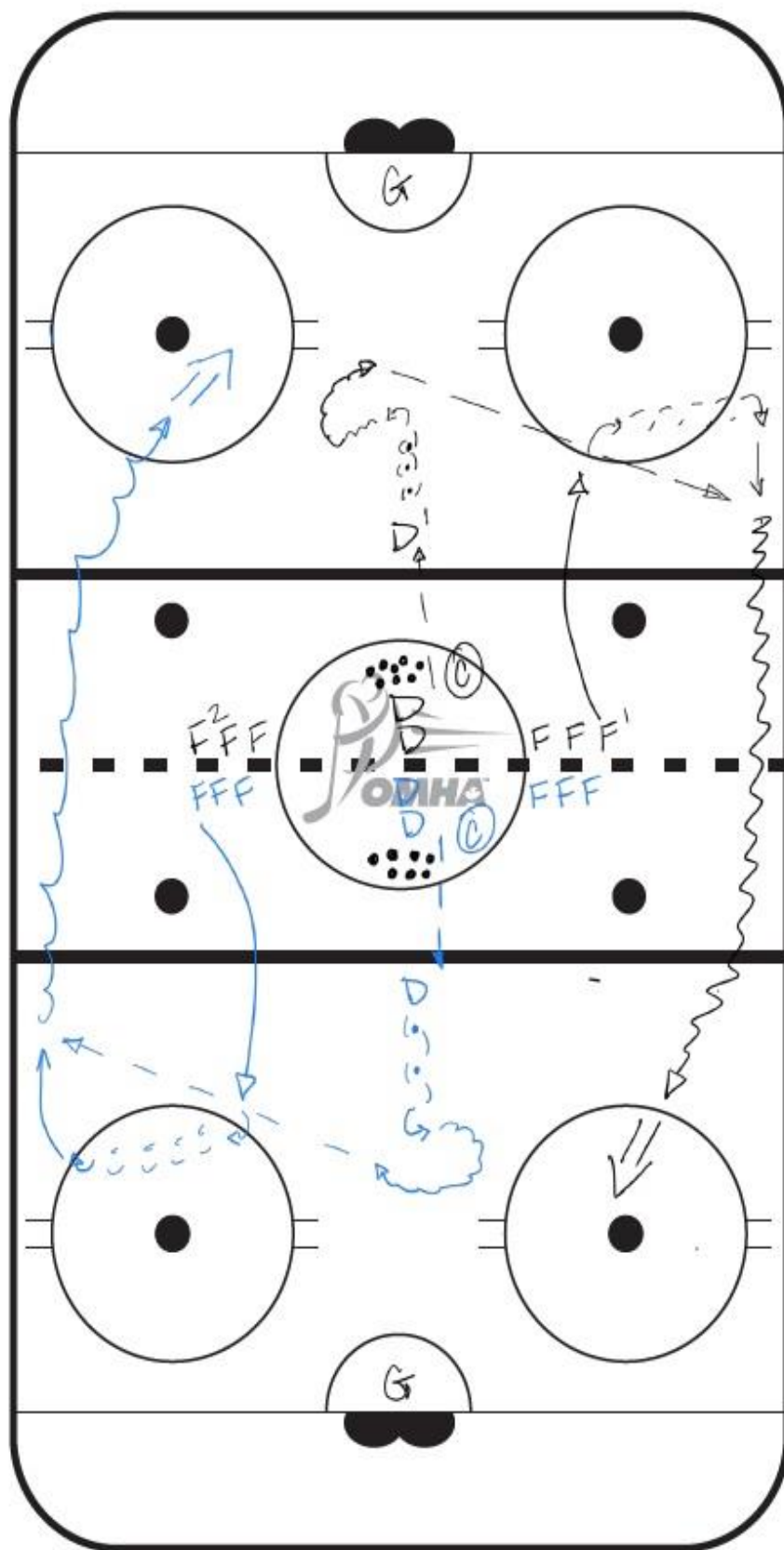
- D-SIDE POSITIONING
- ACTIVE STICKS
- TAKE AWAY TIME/SPACE

*OFF. TEAM:

- PUCK PROTECT
- GET SHOTS
- CREATE 2V1 WHEN POSSIBLE,

PROGRAMS

TEAM SKILL WARM-UP:



• D' START @ BLUE GET PASS FROM (C). BWD SKATE W PUCK, ESCAPE MOVE TO FAKE OUTLET PASS, THEN CUT BACK TO OUTLET TO SUPPORTING F'.

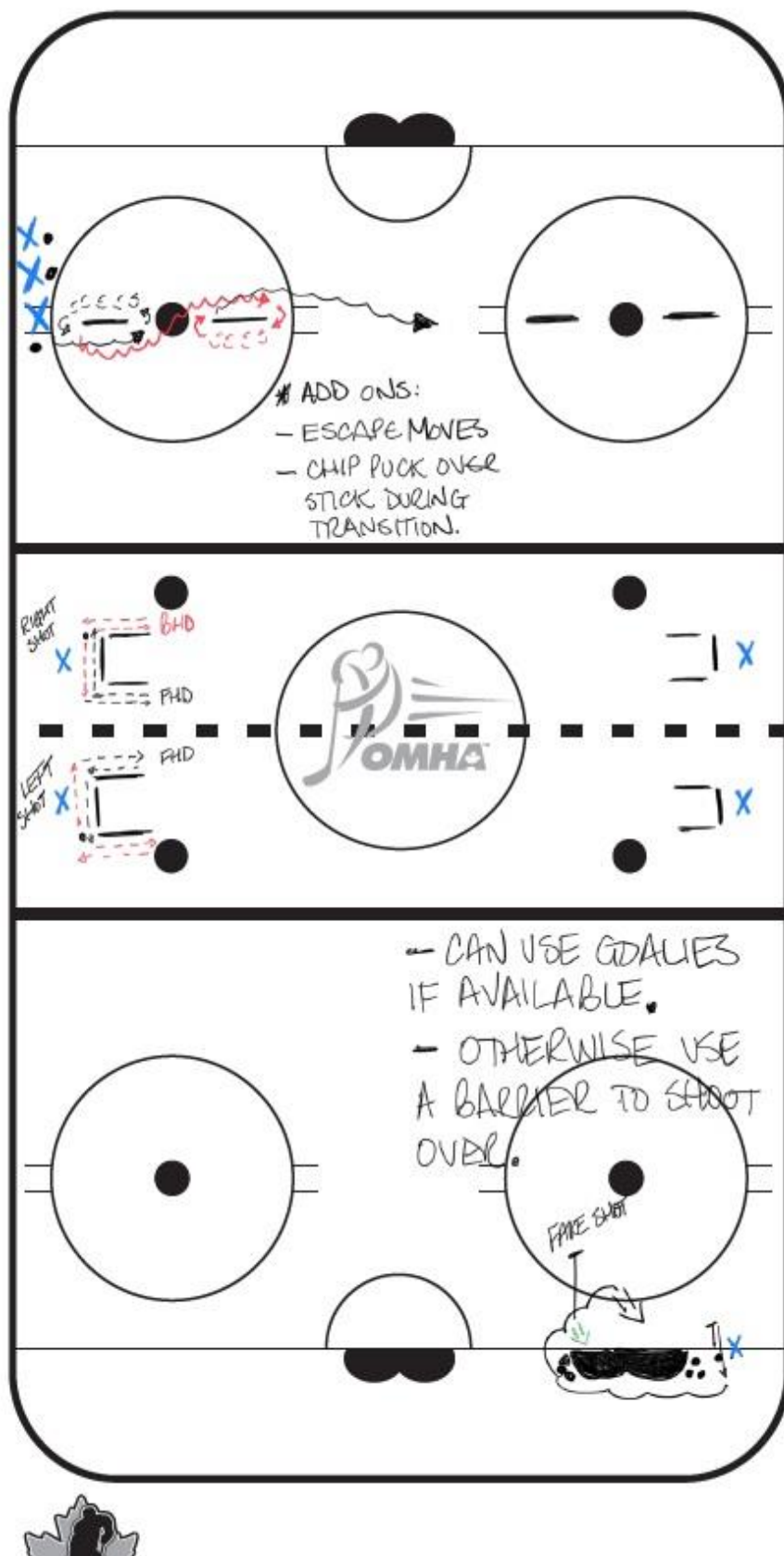
• F' TRACKS BACK THEN REACTS TO 'D' CUTBACK TO FLAKE OUT AND SUPPORT.

• ONCE PASS IS MADE F' DRIVES FOR A SHOT. STAY @ NET FOR 2ND SHOT (F²).

• D' RETURNS TO BLUE FOR 2ND PASS THEN REPEATS W F²

*ADD ON:

- HAVE D JUMP UP FOR A POINT SHOT AFTER F², GETTING PUCK FROM (C).



INDIVIDUAL / SMALL SKILL WORK :

AGILITY PUCK CTRL:

SET 4 STICKS AS SHOWN. PLAYERS WILL SKATE A FIG 8 PATTERN AS SHOWN.

PUCK CONTROL :

PLAYERS HOLD LOW HOCKEY STANCE AS DRAWN.
 (A) USE TOP HAND ONLY
 (B) USE BOTH HANDS.
 FOCUS ON STAYING LOW AND EXTENDING REACH.
 "TOP HAND" IS KEY.

WRAP AROUNDS :

X PULLS PUCK FROM PILE BESIDE THE NET, FAKES A SHORT SIDE STUFF. X THEN DRIVES BACKDOOR TO FAKE A WRAP AROUND AND FINISH W A SHOT.

* KEY IS TO FAKE THEN CHANGE THE PUCK ANGLE TO SHOT FAR SIDE.

REPEAT FROM THE OTHER SIDE.