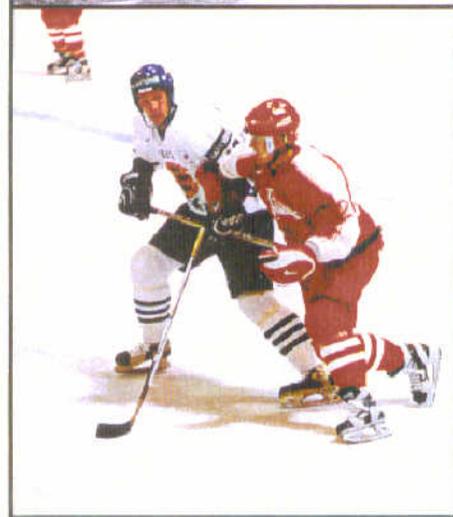




**Juhani
Wahlsten**

**Tom
Molloy**



Das **ABC** des internationalen Eishockey



D1 One Pass in Each Zone

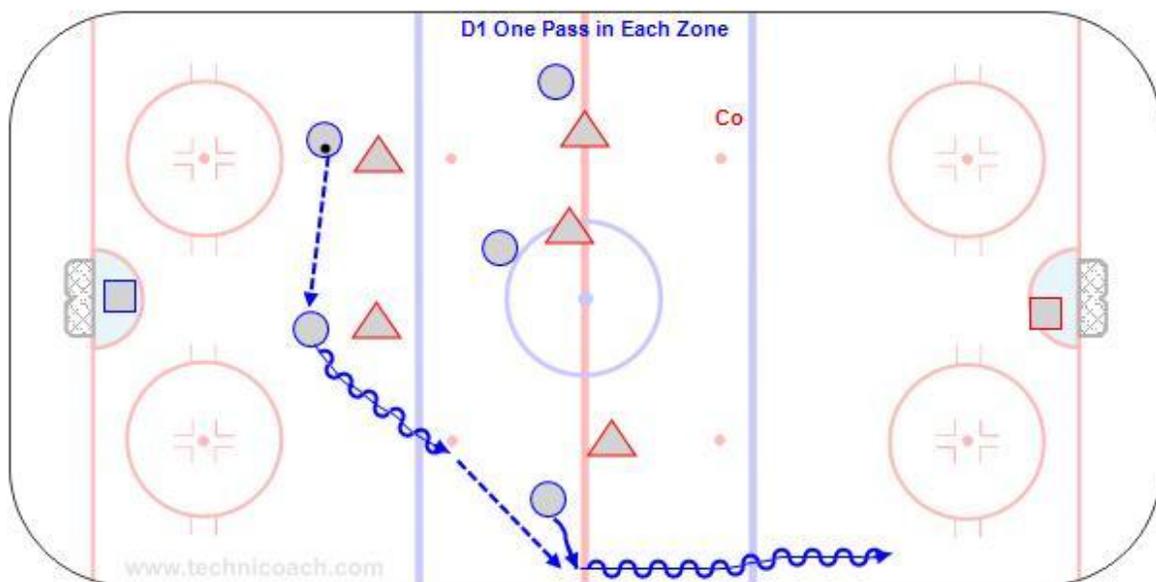
Key Points:

Close support, skate to open ice with the puck, give a target.

Description:

1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

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D1-D100 Two Second Game

Key Points:

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

*This game can be played full, cross, half ice.

Great game for on ice awareness, passing skills and offensive support and defensive coverage.

Description:

1. Play full ice with either all the players on the ice at once or in shifts.
2. Players can be in possession of the puck for a maximum of 2 seconds.
3. Stress that when you get the puck the order of priorities should be:

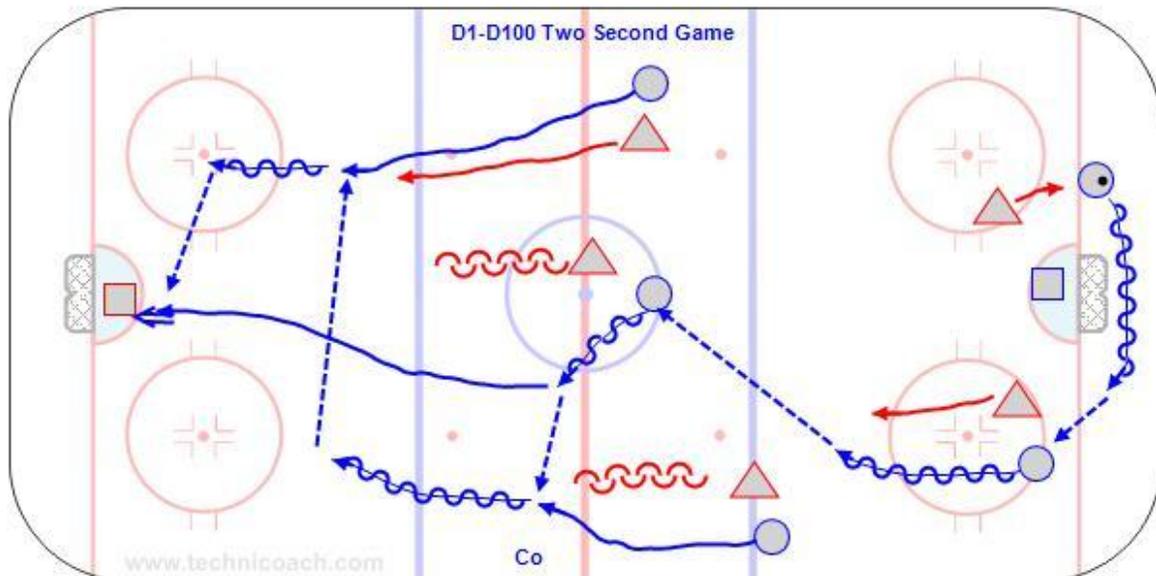
A-Make a play.

B-Regroup.

C-Gain a zone.

3. When over 2 seconds the other team gets the puck (coach monitor).

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D2 Coss Ice Game-Sweden

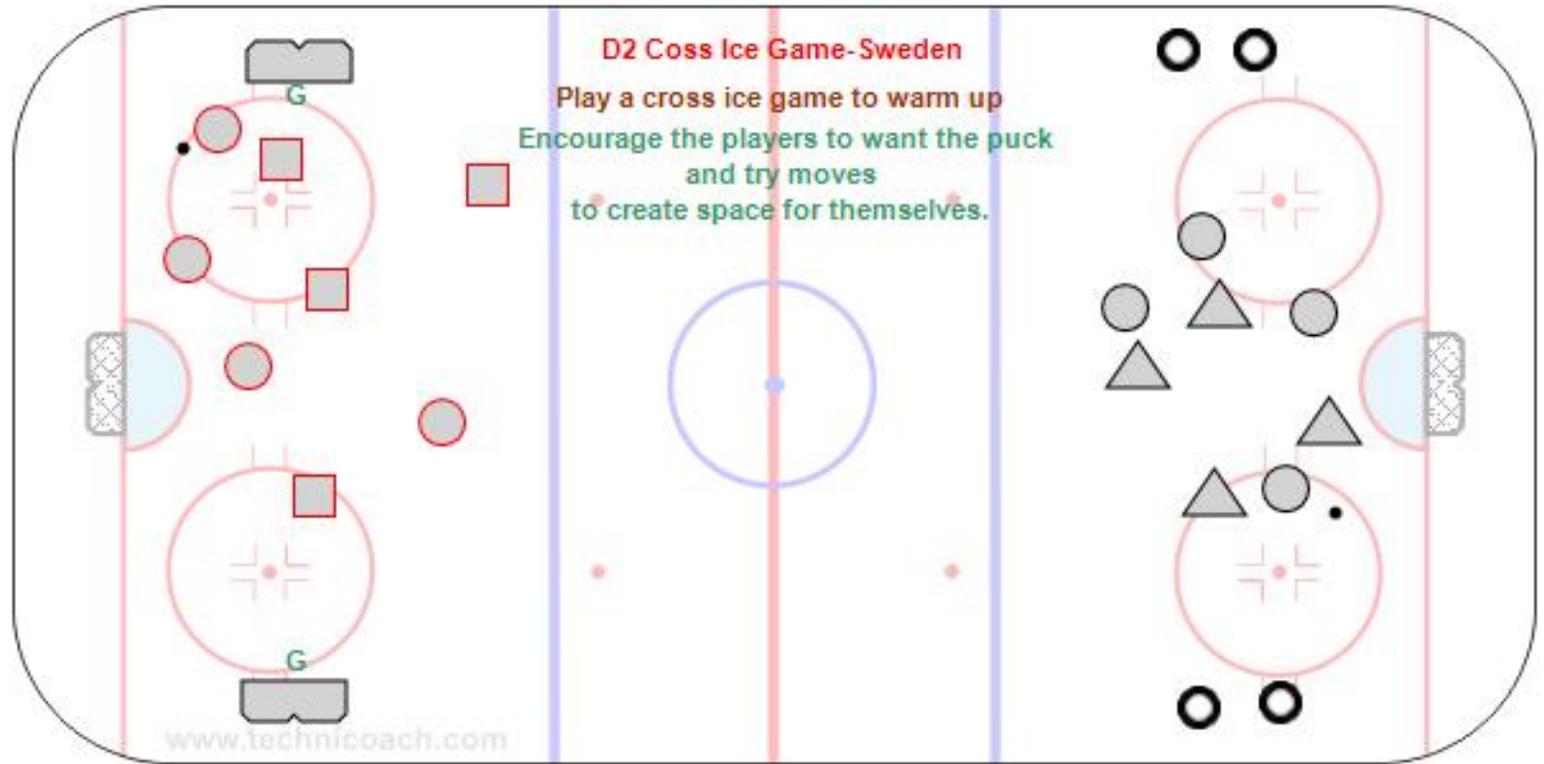
Key Points:

Start practice with a game. Use full sized or small nets, tires, pylons for goals.

Description:

Play a cross ice game to warm up. Encourage the players to want the puck and try moves to create space for themselves.

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D2 Cross Ice Game – Sweden

Key Points:

Face the puck and give good support. Use nets, tires, small nets, the line on the boards etc., for a goal.

Description:

Play a cross ice game to warm up. Encourage the players to want the puck and try moves to create space for themselves.

Anders Ottosson is a development coach in Sweden. He is running a skills practice for 12 year old players in Stockholm.

<http://hockeycoachingabcs.com/mediagallery/media.php?s=20100414094539964>



D2 Cross Ice Games

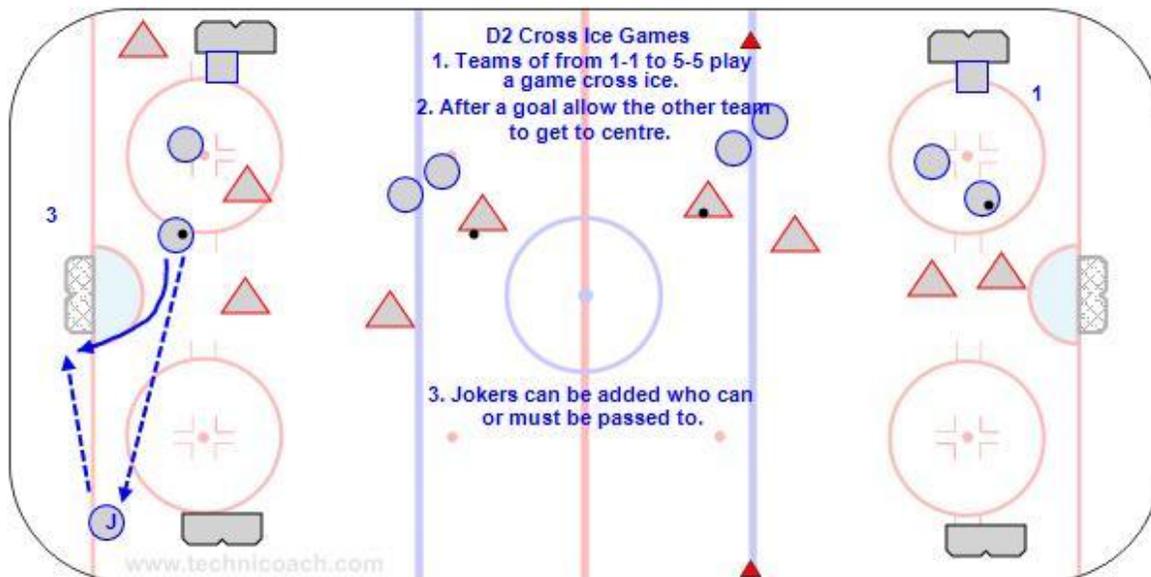
Key Points:

Use regular or small nets, tire, pylons or the lines on the boards for goals. Play with regular or modified rules.

Description:

1. Teams of from 1-1 to 5-5 play a game cross ice.
2. After a goal allow the other team to get to centre.
3. Jokers can be added who can or must be passed to.

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D2 Game with One Goalie

Key Points:

Goalie has to switch nets on a turnover.

Description:

D2 Game With One Goalie

1. One team shoots on one net and the opponent shoots at the other net.
2. On transition to offense there must be at least 2 passes before shooting.
3. If the puck goes outside the blue line the other team gets possession.
4. With lots of players the extra's act as jokers and time shifts.
5. With only one goalie he must defend both goals.



D4 Attack and Defend the Dot

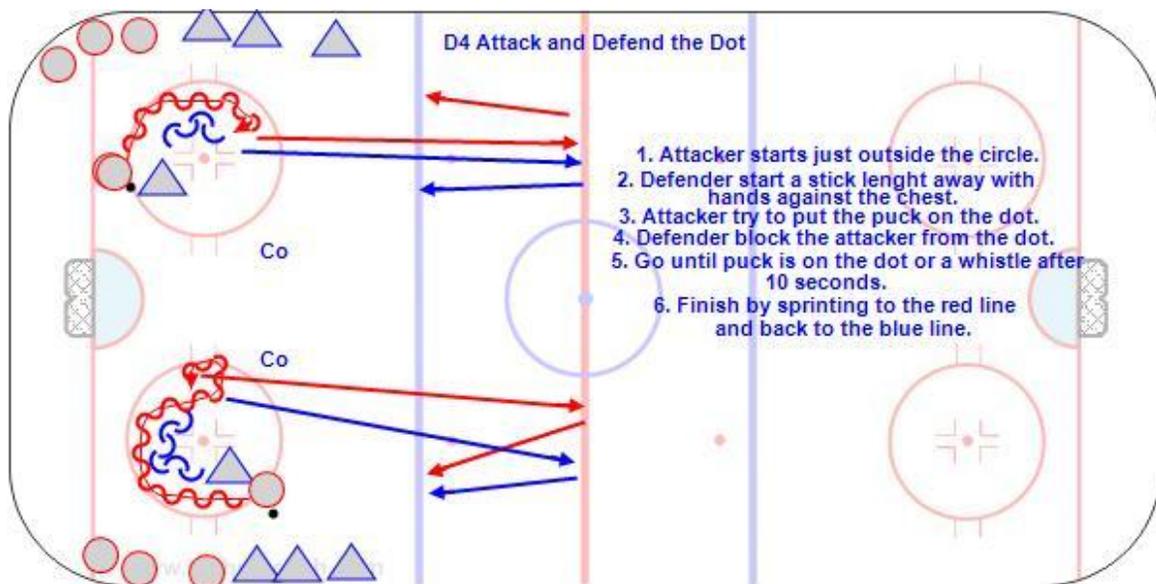
Key Points:

Attacker make lots of moves and dekes, change of pace and turns. Defender keep a tight gap and stay on the defensive side blocking the way to the net.

Description:

1. Attacker starts just outside the circle.
2. Defender start a stick length away with hands against the chest.
3. Attacker try to put the puck on the dot.
4. Defender block the attacker from the dot.
5. Go until puck is on the dot or a whistle after 10 seconds.
6. Finish by sprinting to the red line and back to the blue line.

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D4 End of Practice Game-Washington

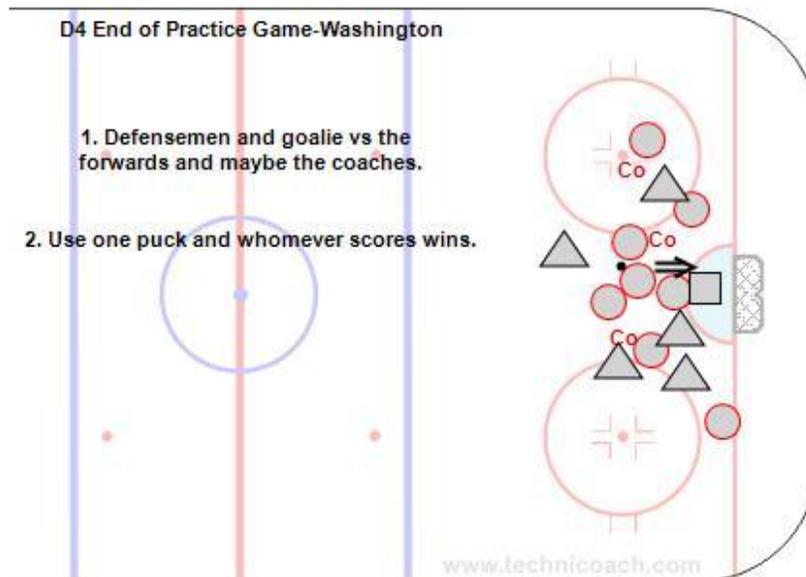
Key Points:

Everyone plays at the same time. Great way to end a practice and many teams use this to end the pre game warm up.

Description:

1. Defensemen and goalie vs the forwards and maybe the coaches.
2. Use one puck and whomever scores wins.

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D4 Keepaway and Score

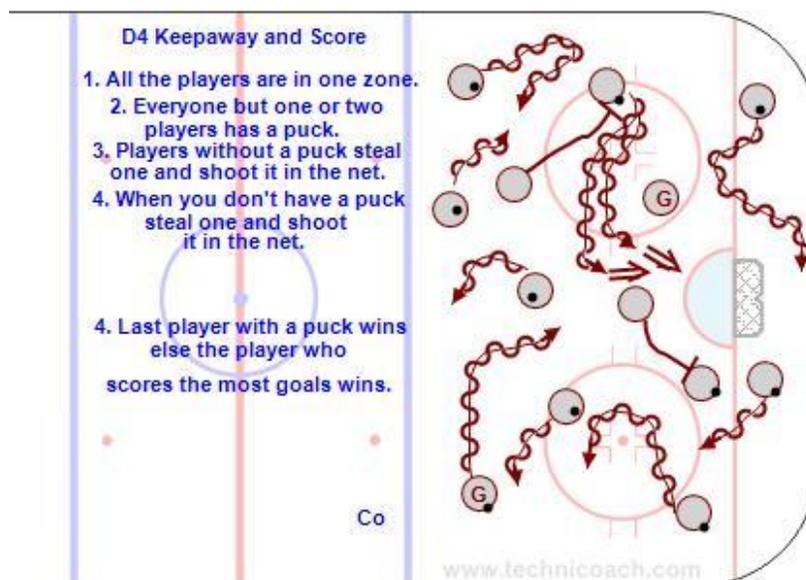
Key Points:

Make lots of moves and protect the puck with your body. Everyone must stay inside the zone.

Description:

1. All the players are in one zone.
2. Everyone but one or two players has a puck.
3. Players without a puck steal one and shoot it in the net.
4. Last player with a puck wins or else the player who scores the most goals wins.

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D4 Transition Defense to Offense

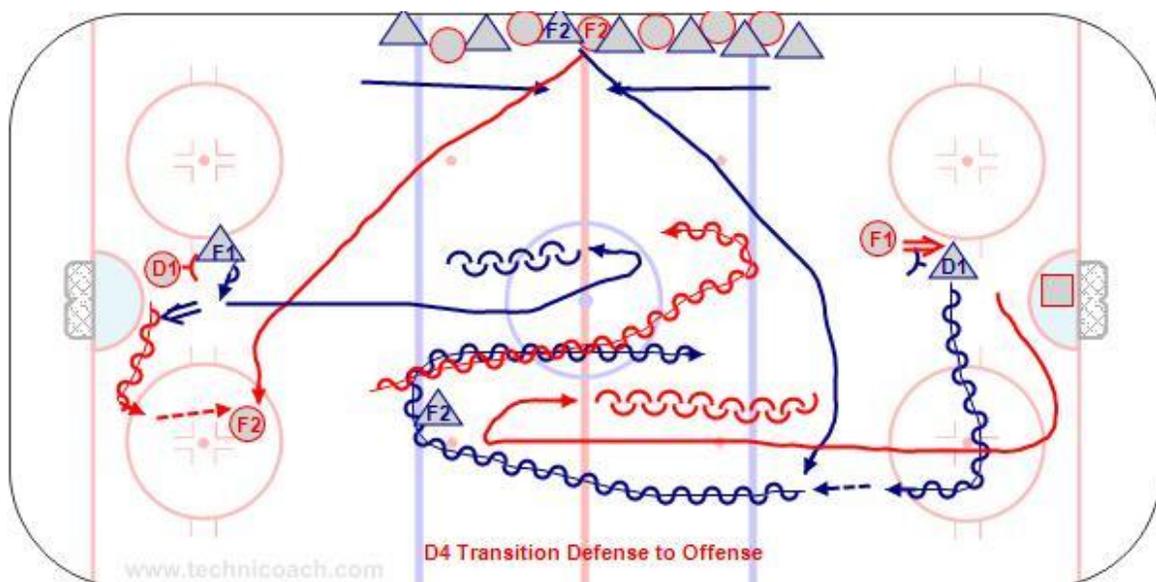
Key Points

Defending player stay on the defensive side. Supporting player give a target for the pass and get into an open lane.

Description

1. F1 attack D1 at each end.
2. Players line up on the boards with the first player in line D1 supporting the defense.
3. The coach can determine whether the supporting defender is passive or active.
4. On a turnover or a goal the breakout pass is made to the supporting defender from D1 to F2..
5. Carry the puck to the red line or if the team has a full ice practice, carry the puck to the far blue line.
6. F2 Attack vs. the original attacker F1.

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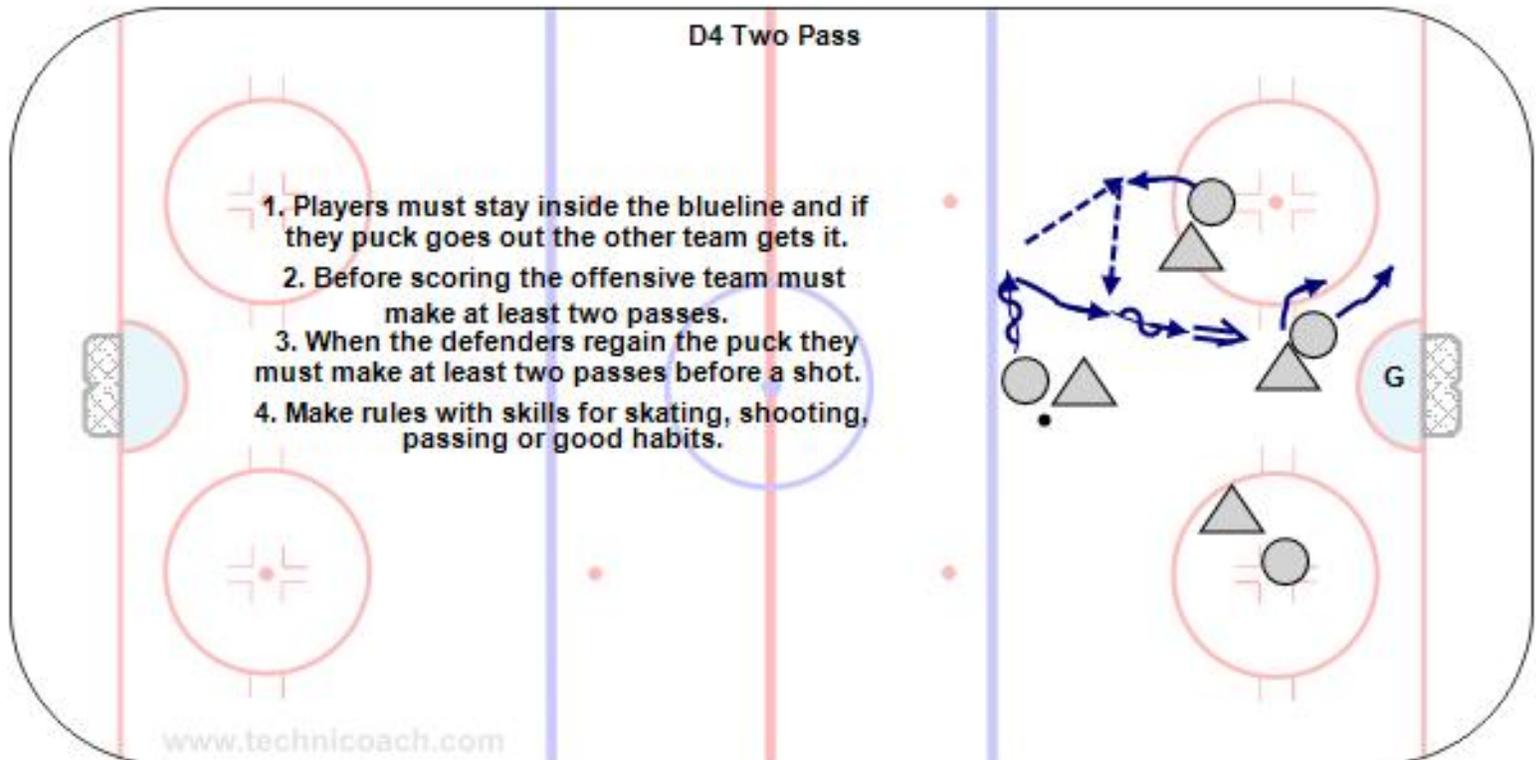
D4 Two Pass

Key Points:

My favorite game to warm up the players at the start of practice. The quicker they make the passes after regaining the puck the more scoring chances they produce. If you look on the video's my son and I are playing this game with Dany Heatley and Jamie Huart as they prepare to go to Europe for the World Championships.

Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.



DT4-Jokers at Point and Below Goal Line-Dukla

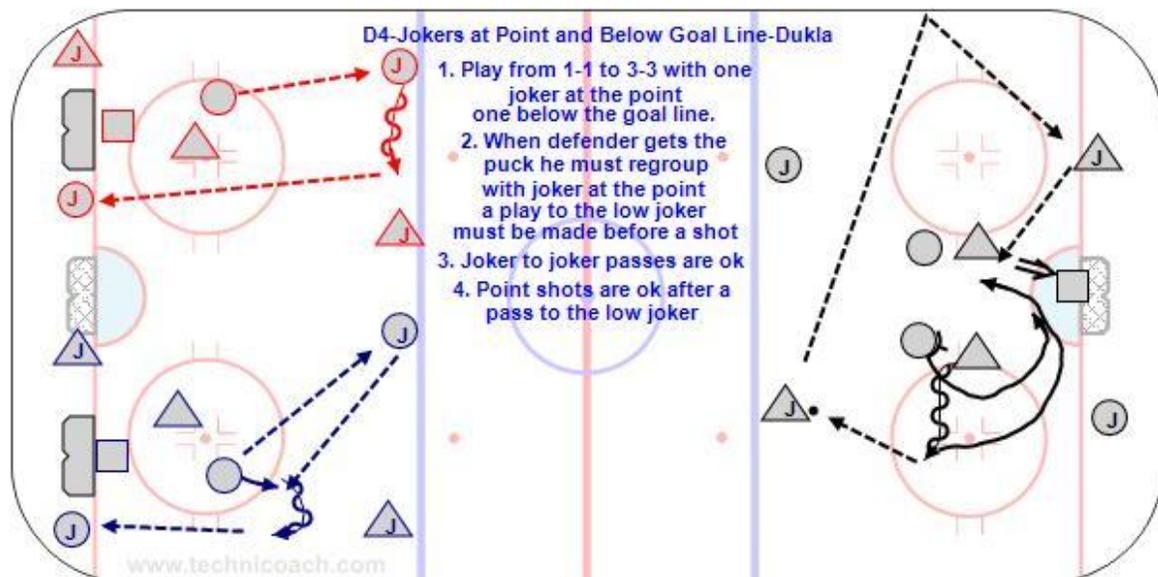
Key Points:

Regroup and get open. Defender go from role 3 to 4 and attacker from role 1 to 2.

Great game for transition between all 4 game playing roles.

Description:

1. Play from 1-1 to 3-3 with one joker at the point and one below the goal line.
2. When defender gets the puck he must regroup with joker at the point and a play to the low joker must be made before a shot can be taken.
3. Joker to joker passes are ok.
4. Point shots are ok after a pass to the low joker has been made.



D5 Keepaway Contest

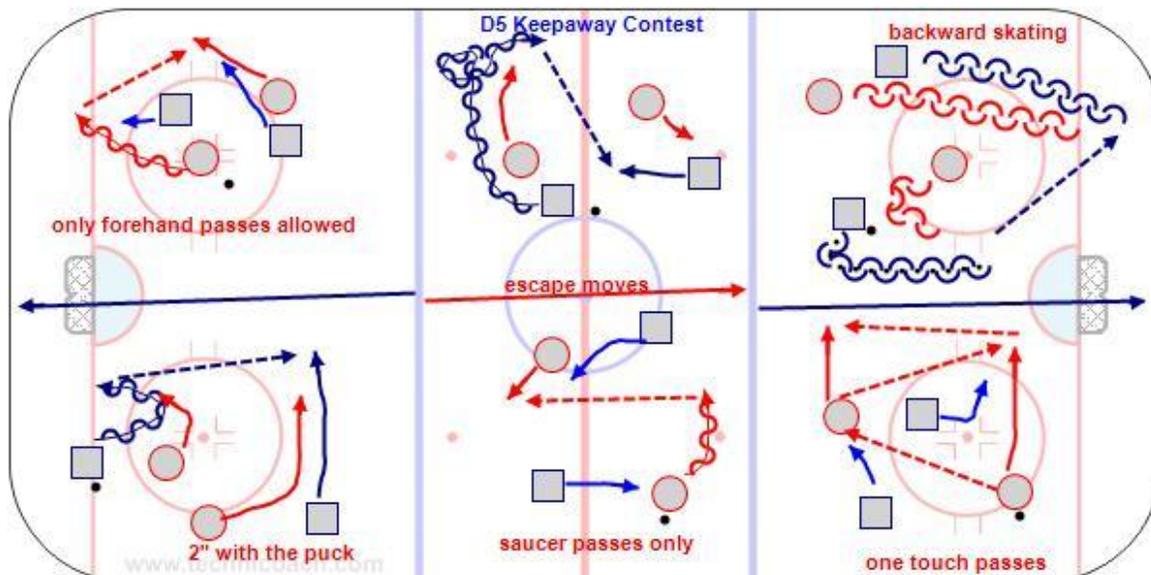
Key Points:

All 4 Game playing roles are practiced. Have rules like, only forehand passes, only backhand, an escape move before passing, 3 hard strides, one touch, 2" only, all skate backward, hold the stick with only one hand, saucer passes. 5 or 7 passes = 1 point.

Description:

1. Groups have an area of the rink or else one group at a time has so many seconds to make as many passes as possible.
2. Good activity to warm up with if the goalies are working with a coach.
3. Use rules that include skating, passing skills, puck handling skills such as pivots.
4. Keep score and switch opponents. 1 point for every 5-7 passes.

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D5 Nets back to back with jokers

Key Points:

Jokers can only have the puck 1 second and then must pass or shoot. You can add that they must move sideways or back when they get the puck.

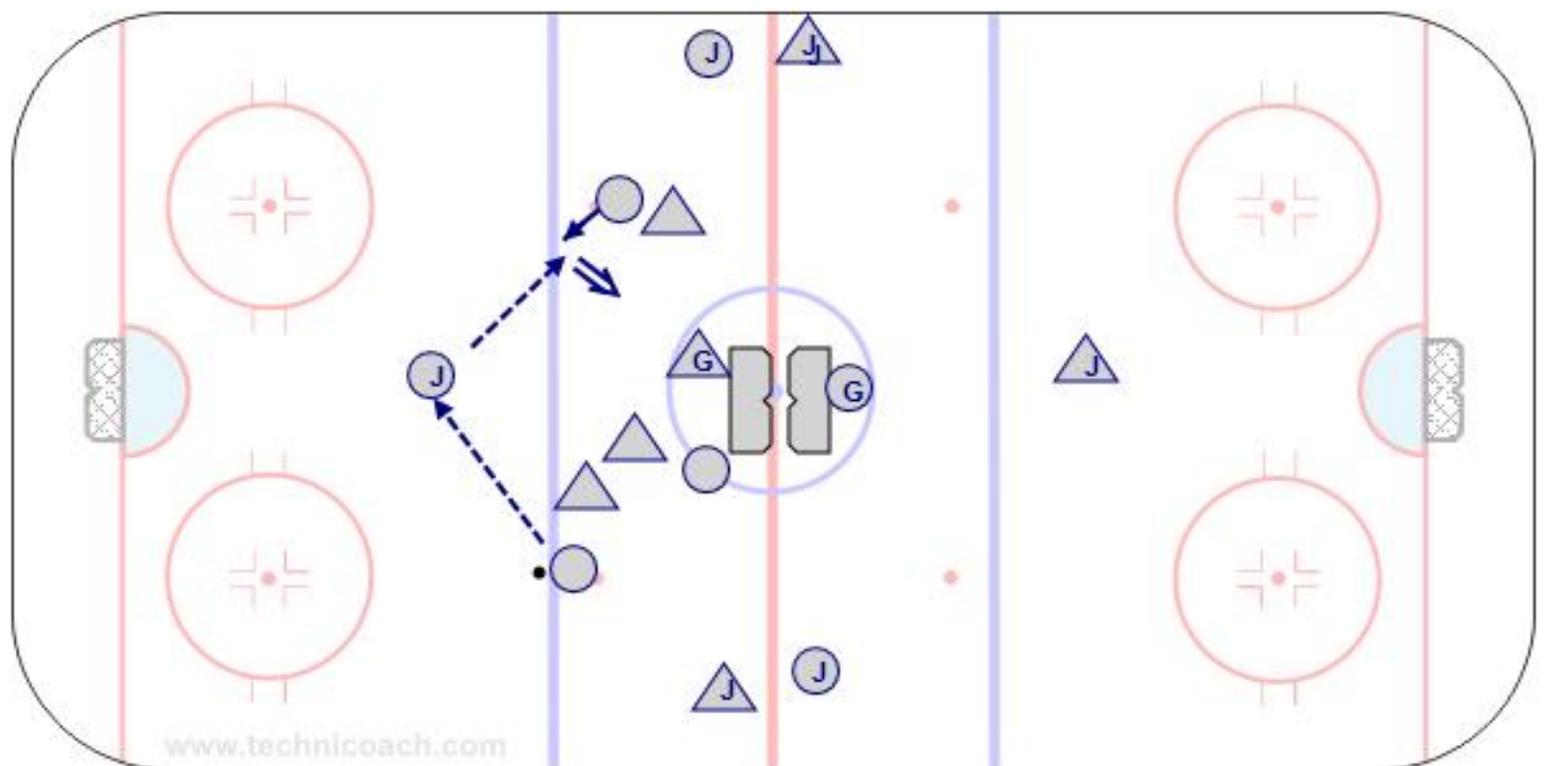
Description:

Place the nets back to back at the red line.

-Half the team play and half are jokers. Shifts 30".

-When the team gets the puck on defense they must pass to a joker before they can score. Jokers can move around on the perimeter.

If you have only one goalie then it is a great conditioning - skating drill for the goalie to play for both teams and skate around to the other goal.



D5 - 3 Small Area Games

Key Points:

It is important to learn to protect the puck and to transition between playing roles quickly. i.e. when you pass you get open right away and not stand there or when you lose the puck you find someone to cover.

- Also hustle out when the whistle goes.
- Pass the puck to the coach or a teammate on the whistle instead of leaving it in the zone.

Description:

Game One; Tight low battles

1. Coach dump the puck in.
2. Players race in and battle for the loose puck and try to score.
3. When defenders regain the puck they must pass to the coach to go onto offense and they practice role 2 getting open and defenders role 4 covering away from the puck. No one checks the coach who is the joker who can shoot or pass back to the team who passed to him.
4. Play 20" and hustle out on the whistle and pass to the coach who dumps it in when everyone is out.
5. This is a great game to work on the cycle and low D zone coverage.

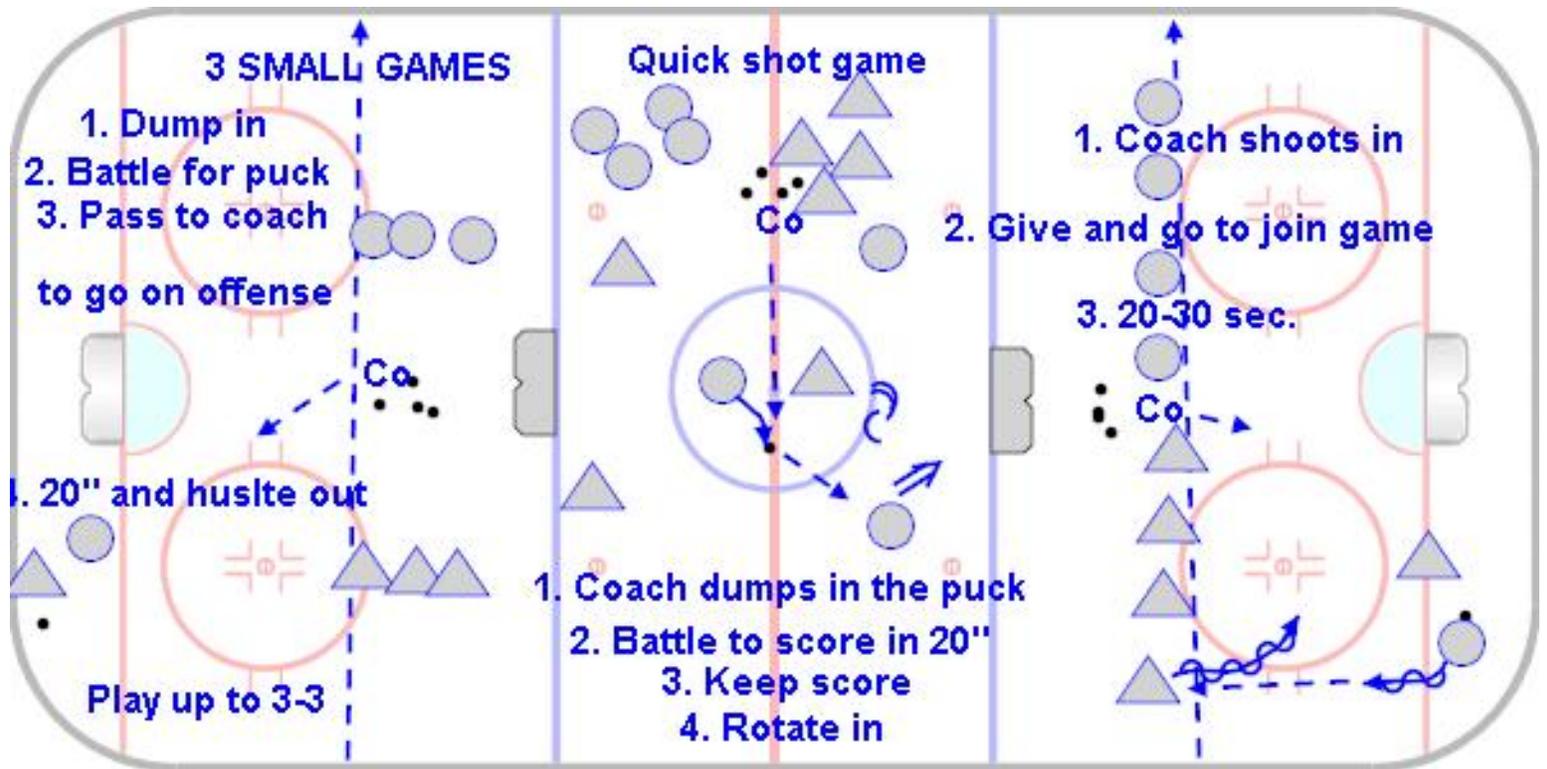
Game Two; Quick Shot Game or Power Play Game

Place the nets on the bluelines (or in a zone if only half ice). It is 3 on 3 with 2 players on each team in the offensive end and one in the defensive end.

1. Coach dumps the puck in the middle and they battle for the puck.
2. Play for about 20" with the coach putting in a new puck on goals or missed nets.
3. Keep score.
4. Rotate new players in on the whistle.

Game Three; Low Battle with Players Joining After a Give and Go

1. Coach dumps the puck in or shoots.
2. Players battle for the puck 1 on 1.
3. Teammates can join the attack when they make a give and go with the active players.
4. Play about 30 seconds.
5. As in all games keep score up to something like 3 for a win and play a 2 of 3 series.



D6 Games - Two full ice games at once

Key Points:

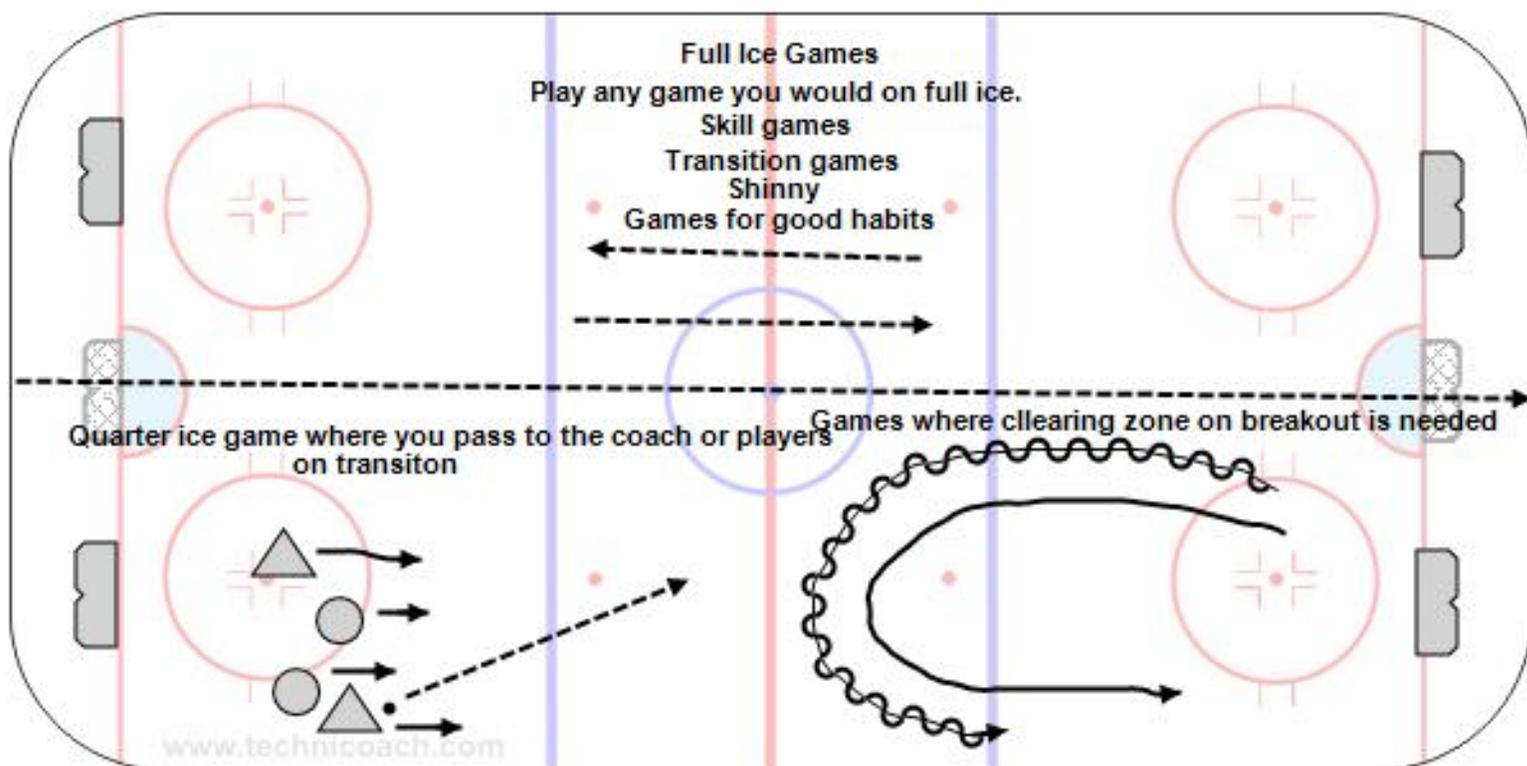
Use one net at each end and rink dividers make is safer but not necessary. In Europe they offer lie down boards 4x4 to divide sections of the ice. (hollow inside and easy to store)

Description:

When you play full length of the ice you can use every game you would on the entire rink.

Using one quarter ice games at each end allows you to do skill and transition games.

Full length drills and games are all possible.



D100 - Roles 2 and 4 Specialty Team Scrimmage

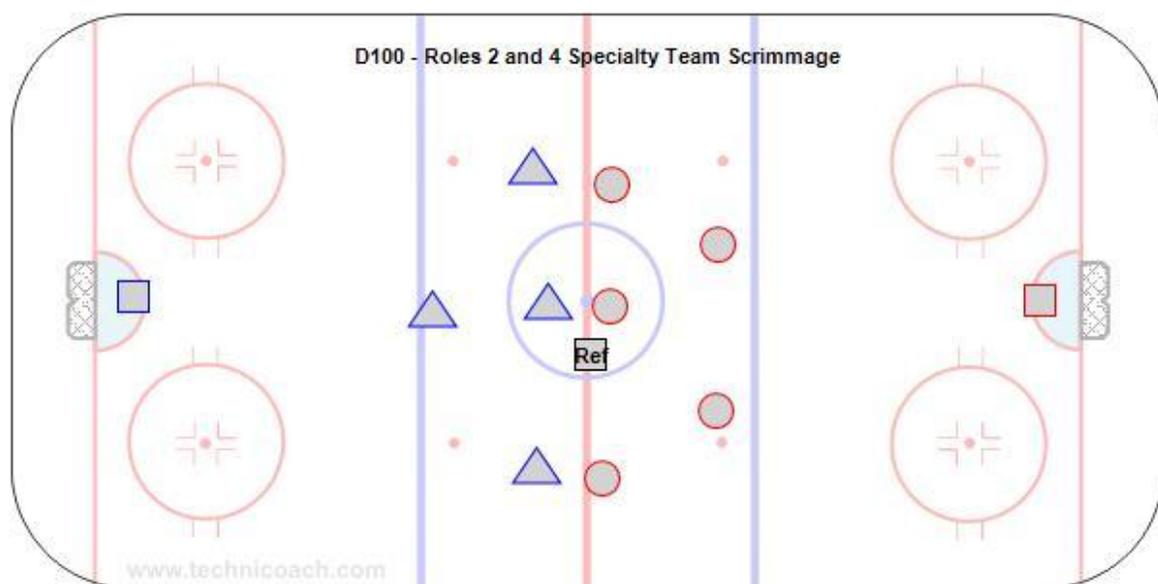
Key Points:

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

Description:

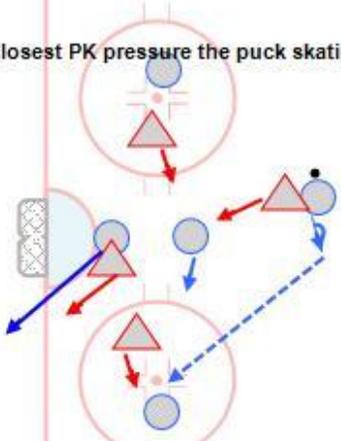
1. Arrange a scrimmage with another team.
2. Take turns with all numerical situations that happen in a game.
3. Suggested rotation with a 3 minute time out before each segment for coach to go thru the team play situation at the bench.
 - a. Ten minute warm up.
 - b. 3 minute time out 5 on 4 for 5 minutes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

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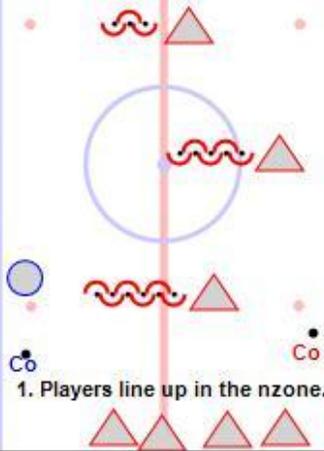
T D100 Specialty Team Practice

3. Closest PK pressure the puck skating thru the net.



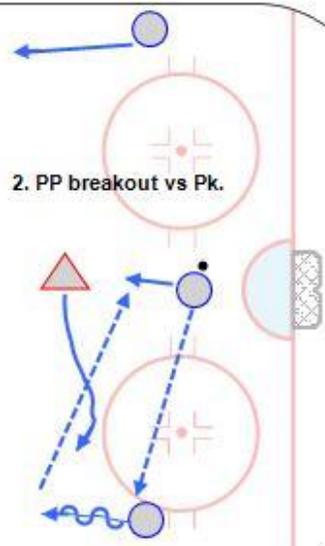
4. Coach put in another puck

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1. Players line up in the nzone.

2. PP breakout vs Pk.



D100 Breakout PK and PP

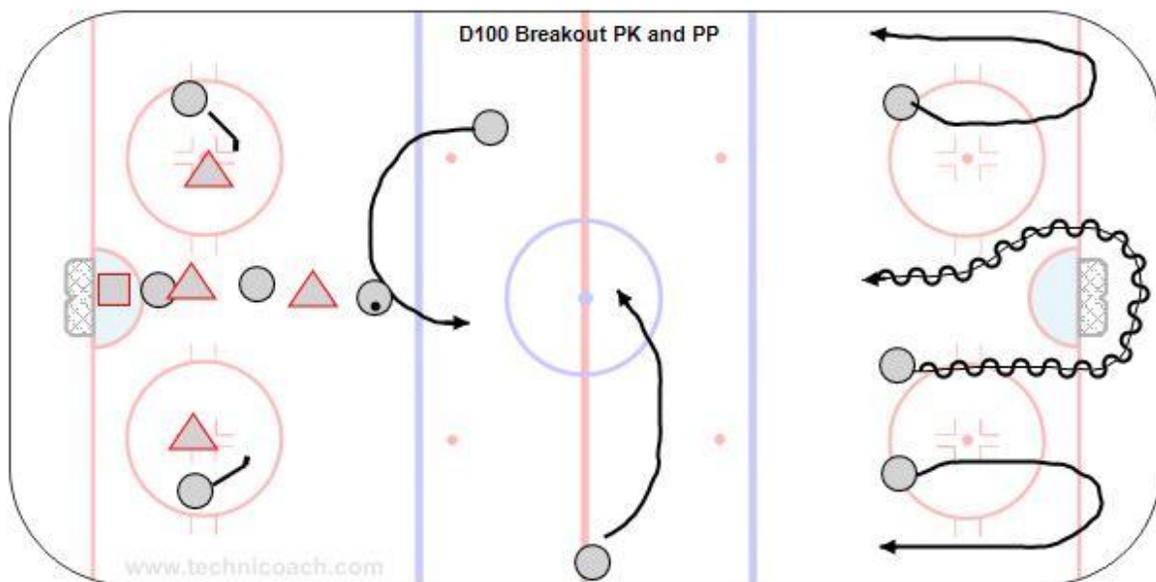
Key Points

Fill the 3 lanes on the controlled breakout with one player stretching to the far blue line and the other in the middle. Always outnumber the defenders on a shoot-in.

Description

1. Coach dumps the puck in use a double swing with two stretching.
2. Move the puck to an open player who carries in the zone or rims the puck hard.
3. Forecheckers must outnumber the pk on loose pucks.
4. The pk pressure the puck at an angle thru the net and not from the side.
5. PK rotate the diamond box always denying a shot from the middle and having one defender in front.

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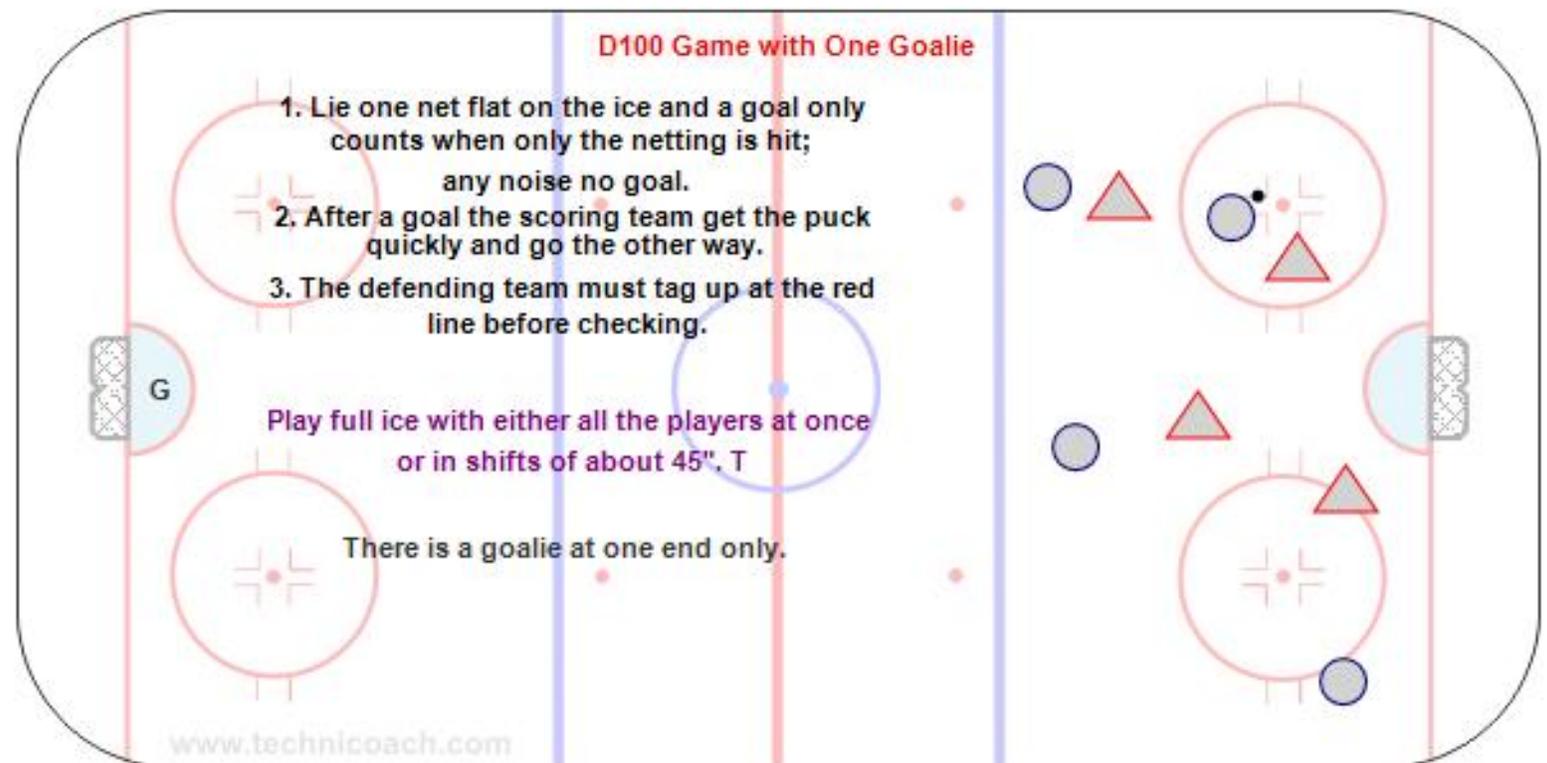
D100 Game with One Goalie

Key Points:

Insist on good habits. It is possible to have modified rules like at least one pass in each zone or goals must be on give and goes. Play full ice with either all the players at once or in shifts of about 45". There is a goalie at one end only.

Description:

1. Lie one net flat on the ice and a goal only counts when only the netting is hit; any noise from a pipe and no goal. Small nets, shooter tutor or hit posts is also possible.
2. After a goal the scoring team get the puck quickly and go the other way.
3. The defending team must tag up at the red line before checking.



D100 Total Hockey 1-1 to a 3-2

Key Points:

The support can be either passive or active.

Once the new players are in the neutral zone the original players go back to line; unless a regroup is added.

Description:

D100 formation along the boards in the nzone.

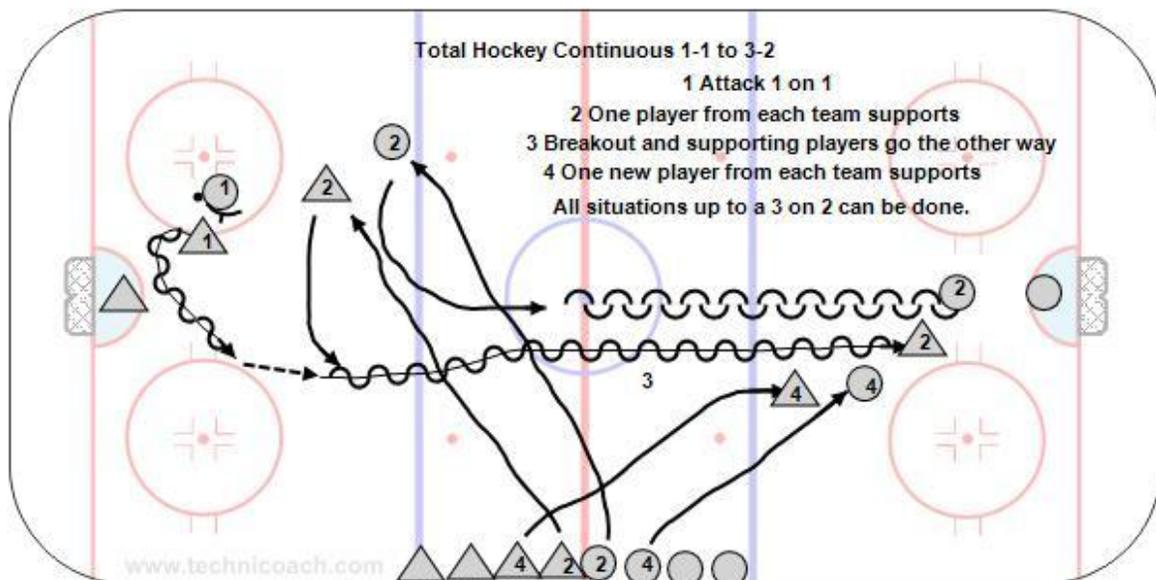
Start with a 1-1 and when the puck crosses the blue line each player gets support from the lineup on the boards. Various situation up to a 3-2. i.e. A 2-1 thru the nzone with the defender getting 2 and attacker 1 supporting player makes a 2-1 in nzone and 3-3 at each end.

Change the supporting players to create various situations.

Players learn to play in all situations offensive and defensive situations.

The game can also be played using designated positions.

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D100 Two Second Game

Key Points:

Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

Description:

1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.
2. Play 45" shifts and pass back to your goalie when the coach whistles for a change.
3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
4. Possession from first touching the puck for over 2" leave the puck for the other team.
5. Encourage talking, facing the puck, always give a target.

*Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have a consequence.



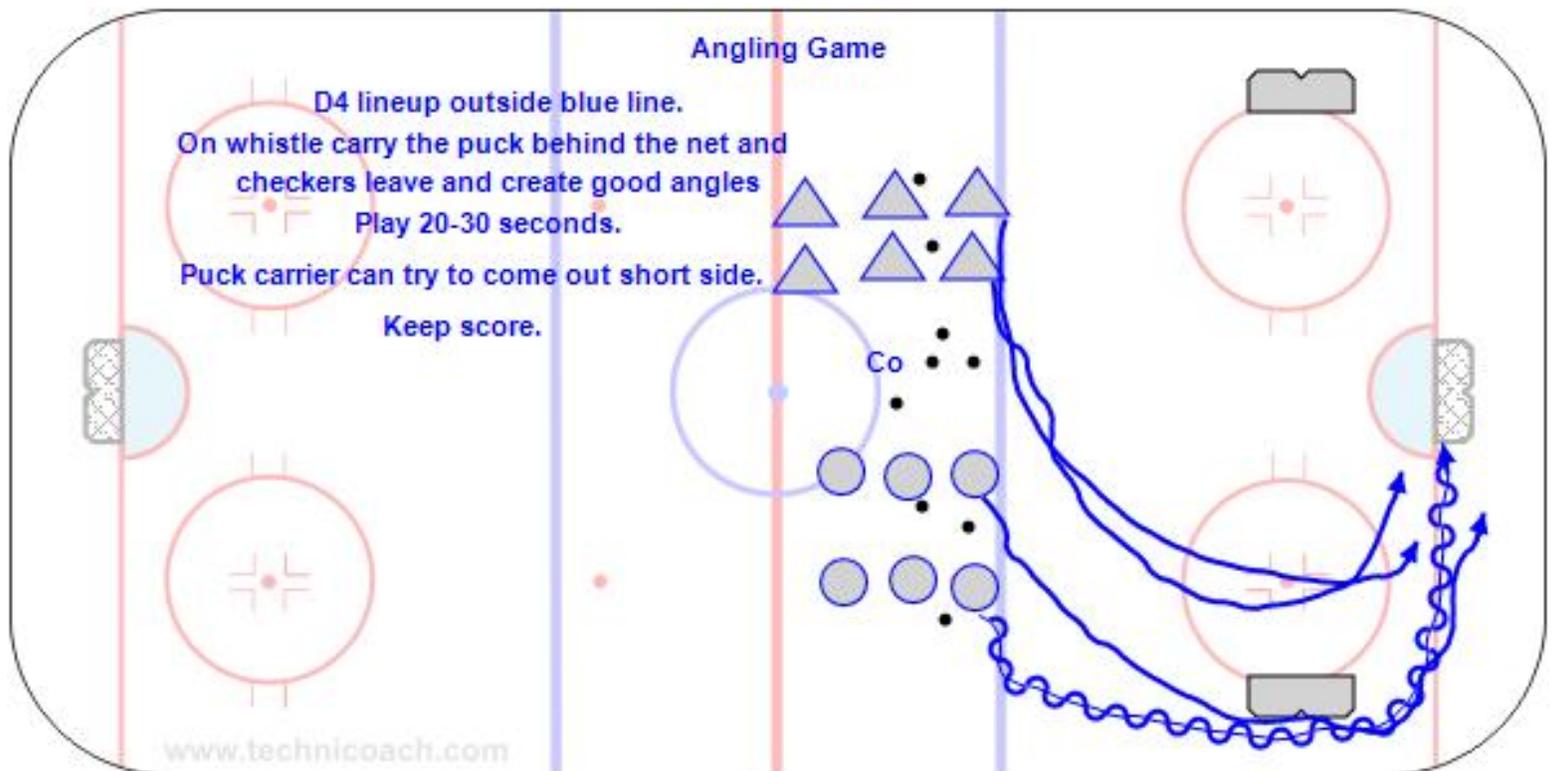
D200 Angling game

Key Points:

Checkers create an angle on puck carrier and take away their time and space with body on body and stick on the puck.

Description:

1. D200 lineup outside blue line.
2. On whistle carry the puck behind the net and checkers leave and create good angles.
3. Play 20-30 seconds.
4. Puck carrier can try to come out short side.
5. Keep score. Play to a certain score and losing team do something like push ups. Play a short series.



D200 Cross Ice Game 1-1, 2-2

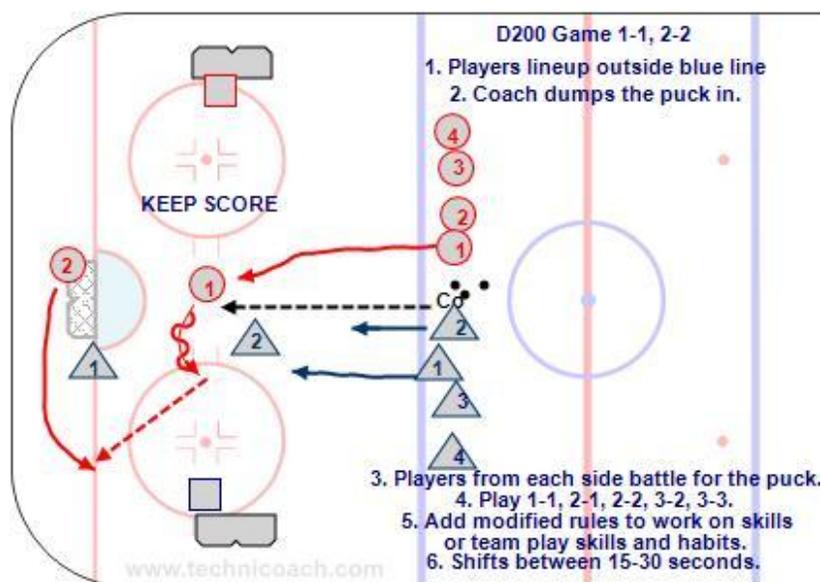
Key Points:

Practice all 4 game playing roles in cross ice games. A 1-1 practices role 1, player with the puck vs. Role 3, player checking the puck carrier. 2-2 adds Role 2, player getting open for a pass and Role 4, player covering away from puck. Keep score use short shifts.

Description:

1. Players line-up outside blue line.
2. Coach dumps the puck in.
3. Players from each side battle for the puck.
4. Play 1-1, 2-1, 2-2, 3-2, 3-3.
5. Add modified rules to work on skills or team play skills and habits.
6. Shifts between 15-30 seconds.
7. KEEP SCORE

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D200 Cross Ice Game of 1 on 1

Key Points:

Offensive player use moves, change of pace, etc. to try and score.

Defensive player maintain defensive side with a tight gap.

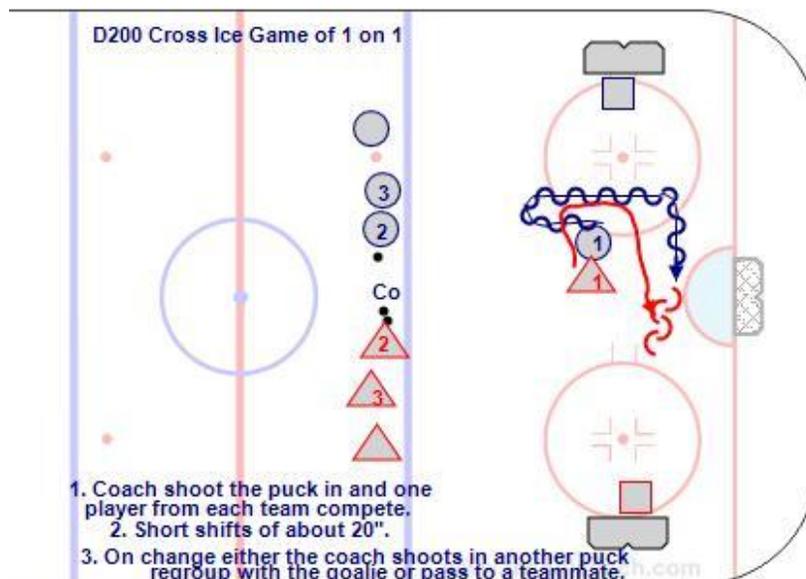
Description:

1. Coach shoot the puck in and one player from each team compete.
2. Short shifts of about 20".
3. On change either the coach shoots in another puck, regroup with the goalie or pass to a teammate.

Cross ice game of 1-1 to work on:

- a. Role One the player with the puck - puck protection, escape moves, shooting quickly, rebounds.
- b. Role 3 the player checking the puck carrier - always stay on the defensive side, maintain tight gaps, stick on the puck, tie up the stick on the rebound and transition to offense.

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D200 Cross Ice Games with Jokers

Key Points:

Jokers can only pass or shoot and cannot join the attack. Defenders don't check the jokers but cover the pass receivers. To make it more gamelike the jokers must move when they get the puck instead of just standing there.

Description:

Play cross ice with the extra players lines up on the sides.

Game One

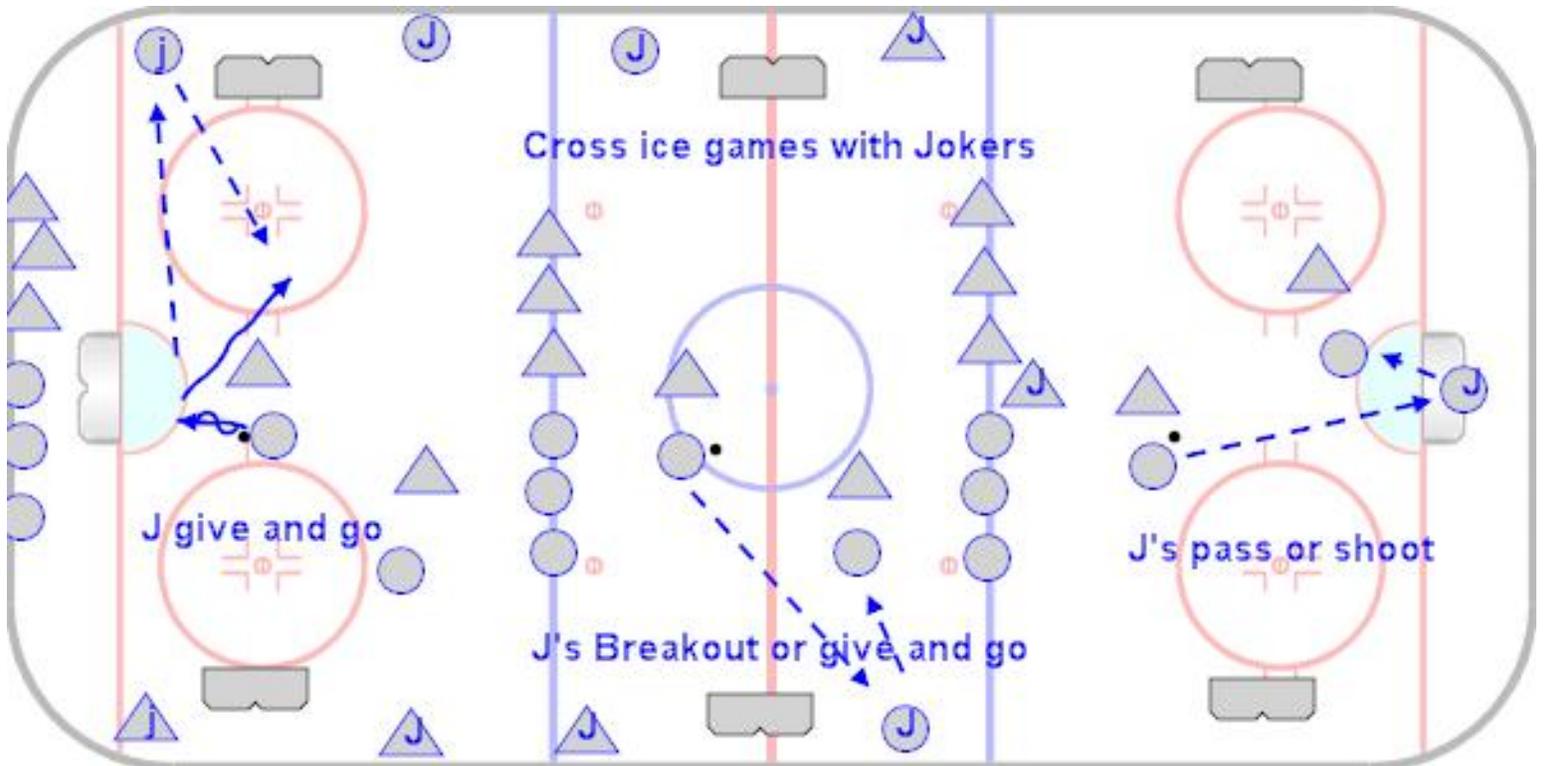
Jokers behind the offensive net must be passed to before shooting. Great for give and go as well as one timer practice.

Game Two

When the defending team gets the puck they must regroup with the jokers behind their net. Use one or two jokers and practice the breakout. Jokers may pass to each other.

Game Three

Jokers on the side can be passed to and must return the pass or shoot. This is great for puck support as well as the defenders covering pass receivers.



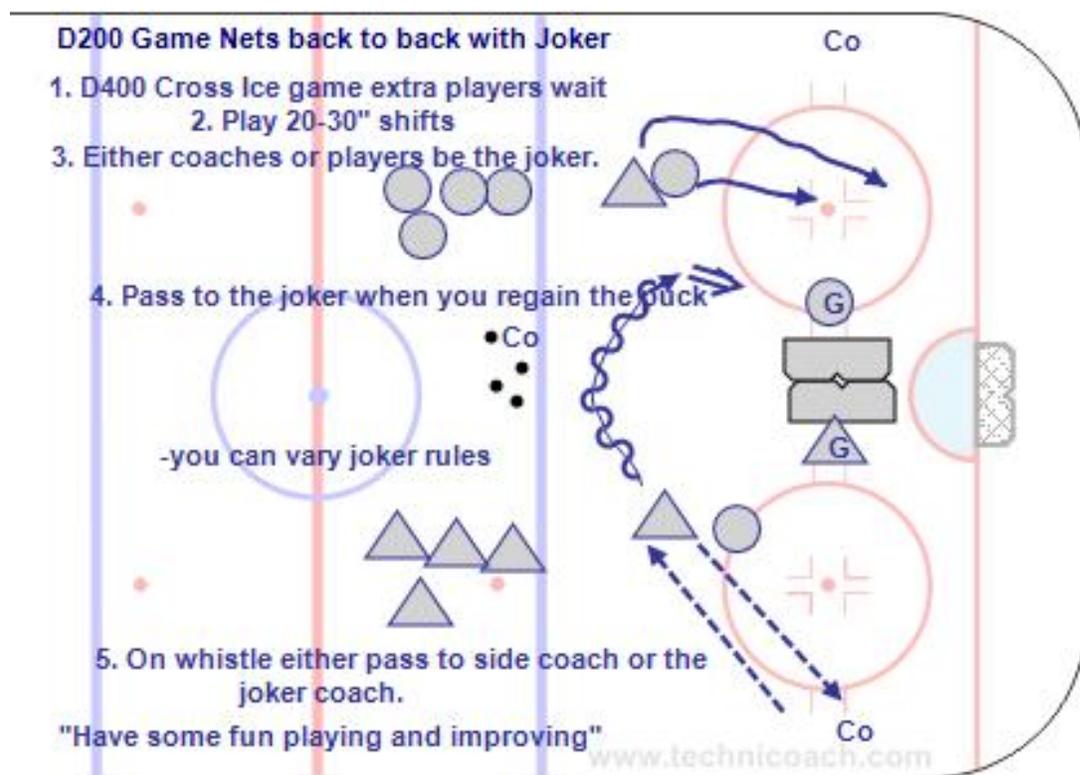
D200 Game Nets back to back with Jokers

Key Points:

Transition from one role to another. Jokers can only hold the puck 1-2".

Description:

1. D200 Cross Ice game extra players wait outside the blue line.
2. Play 20-30" shifts
3. Either coaches or players be the joker.
4. Pass to the joker when you regain the puck.
-you can vary joker rules
5. On whistle either pass to side coach or the joker coach.
"Have some fun playing and improving"



D200 Game with Jokers Below the Goal Line

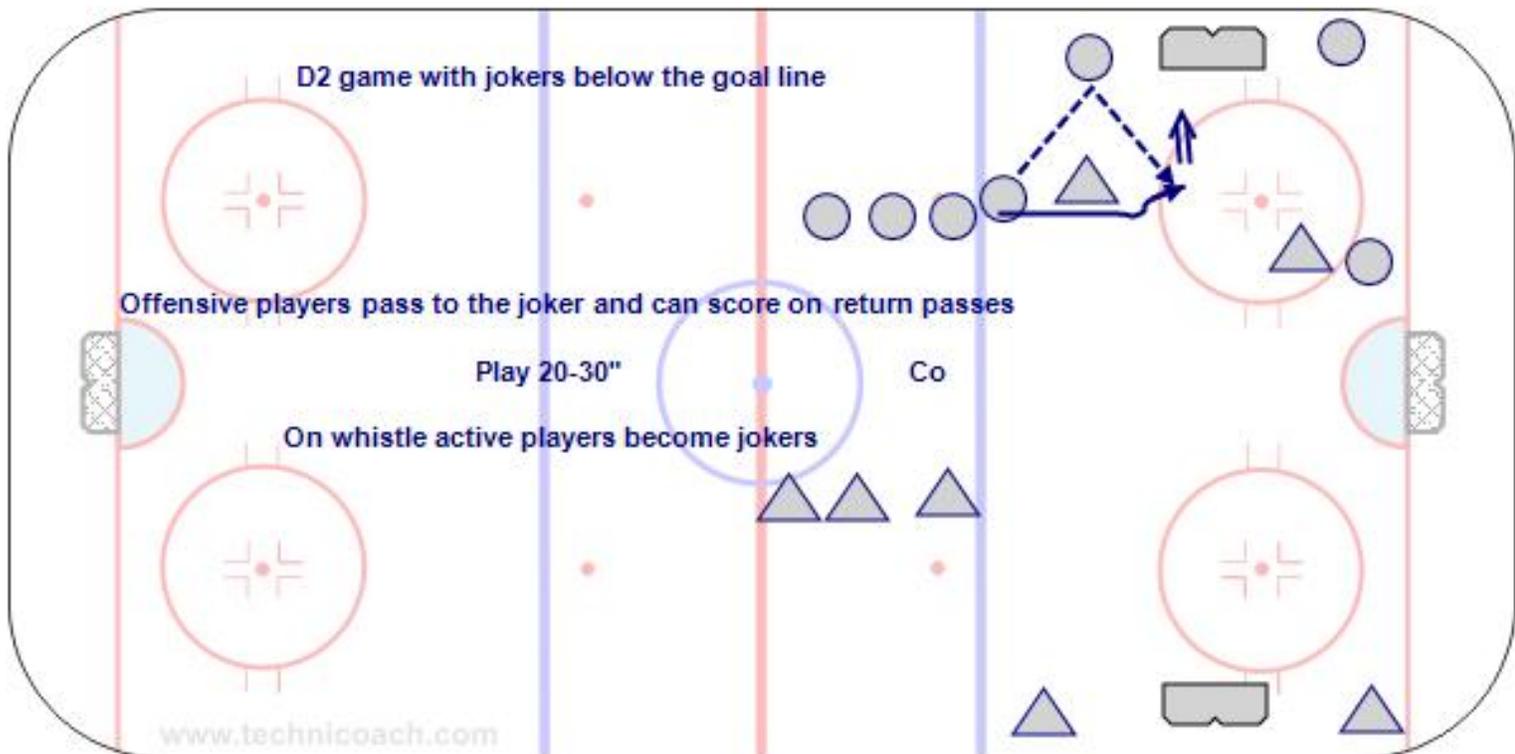
Key Points:

- Work on give and go and getting open.
- Defenders intercept passes and tie up sticks on the rebounds.
- Goalies control rebounds.

Description:

1. Coach has the pucks and dumps one in and the players battle for possession.
 2. Two offensive team jokers are below the goal line. They can only pass and have the puck for a max of 2".
 3. Play for twenty to thirty seconds and the offense must pass to a joker and get a return pass before scoring. Race out on the whistle and pass to the coach.
- Great game to work on puck support (role 2) and defensive support.(role 4)

* A good additional rule is that the jokers must skate when they get the puck and not pass standing still. Jokers can pass to jokers.



D200 with Jokers in the Middle

Key Points:

Get open on transition to offense and cover pass receiver on transition to defense.
Goalie control rebounds.

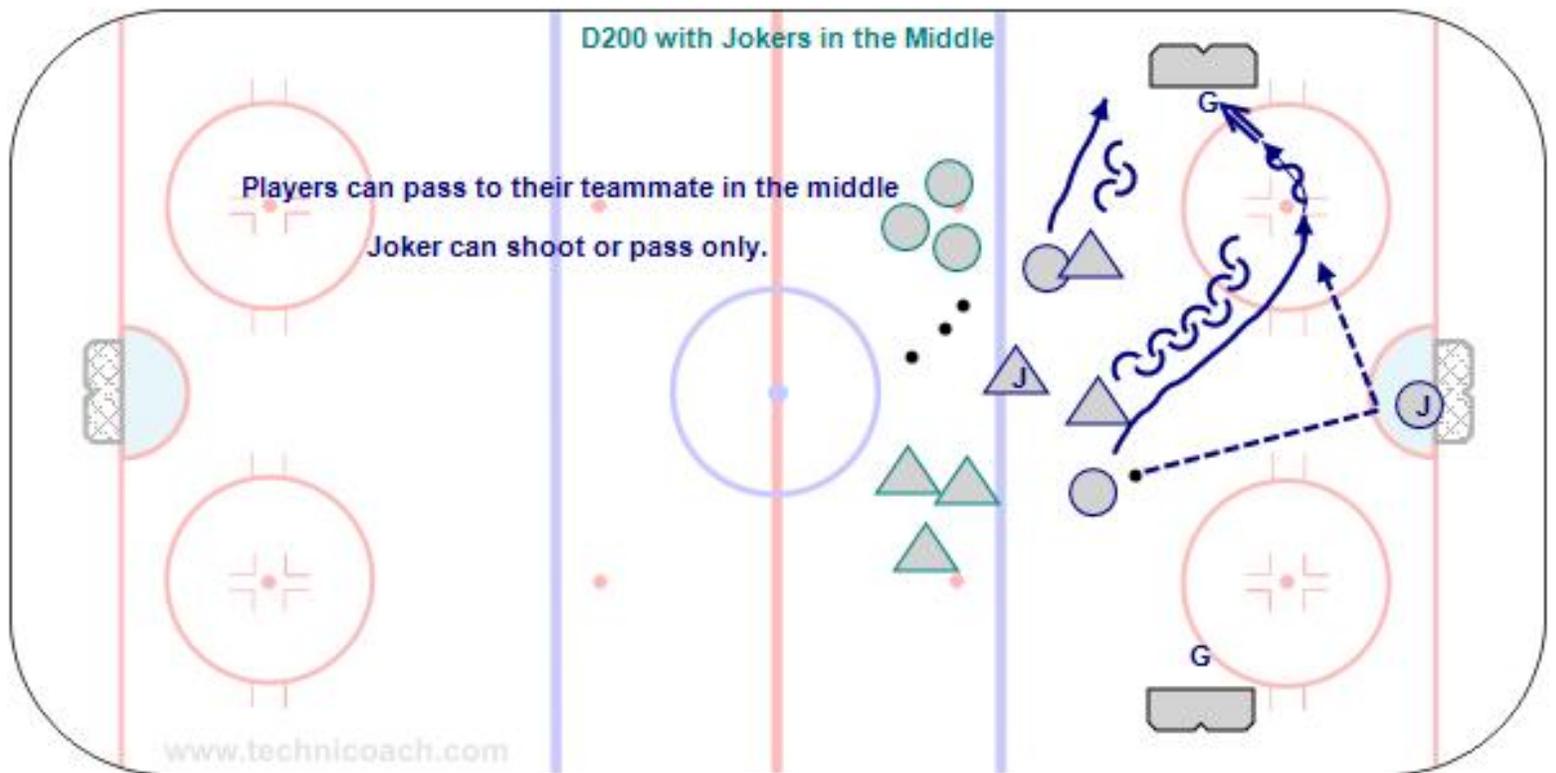
Description:

- Play 15-25".

- Pass to the teammate in the middle who can only shoot or pass.

- Defense ignores joker and covers the pass receiver.

Game works on offensive (role 2) and defensive support (role 4) and has intense battles.



D200 Multiple Puck Games

Key Points:

Wally Kozak ran this game with many variations for about 20 minutes. The players loved it and worked really hard.

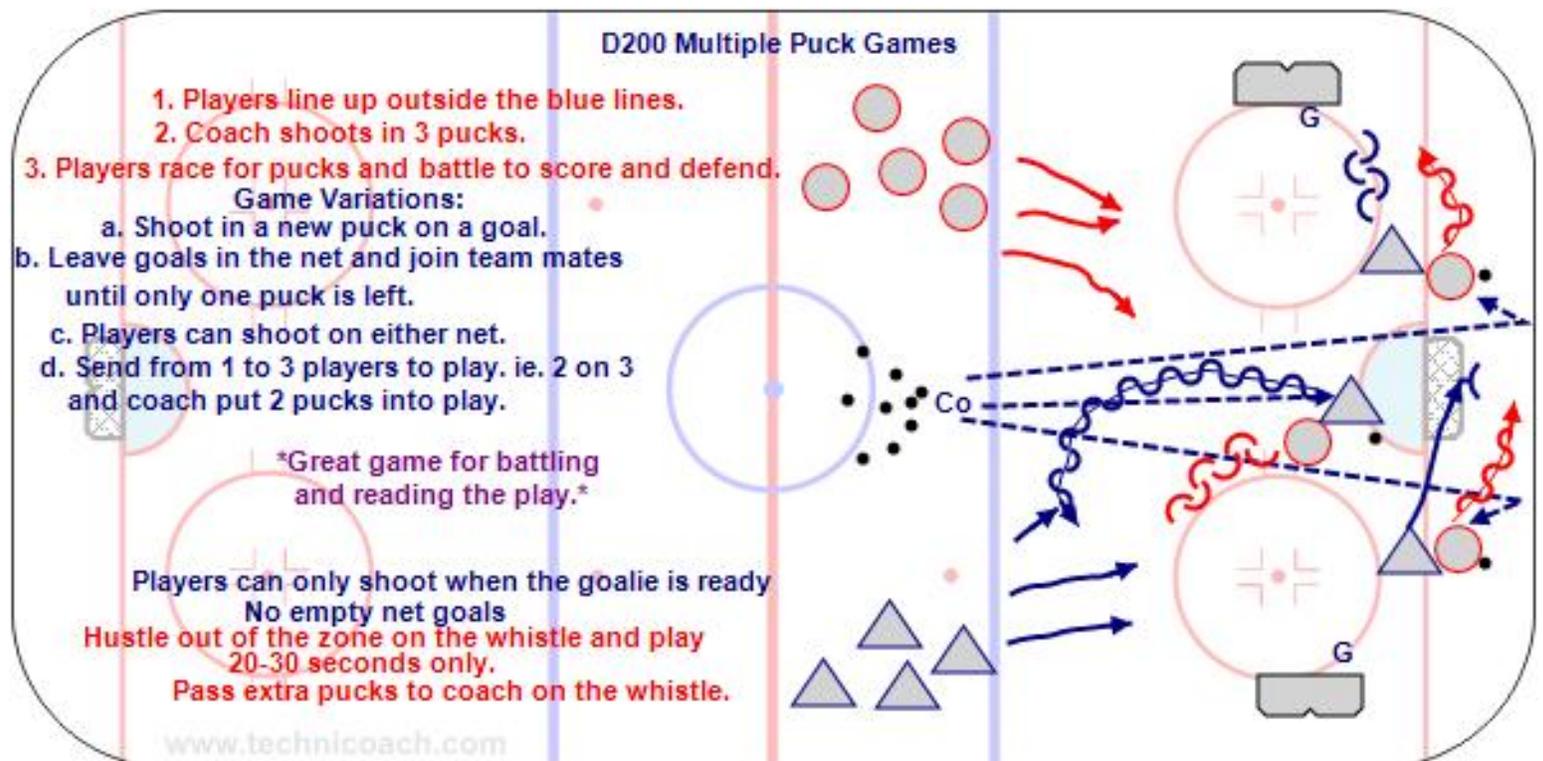
- Players can only shoot when the goalie is ready.
- No empty net goals.
- Hustle out of the zone on the whistle and play 20-30 seconds only.
- Pass extra pucks to coach on the whistle.

Description:

1. Players line up outside the blue lines.
2. Coach shoots in 3 pucks.
3. Players race for pucks and battle to score and defend.

Game Variations:

- a. Shoot in a new puck on a goal.
- b. Leave goals in the net and join team mates until only one puck is left.
- c. Players can shoot on either net.
- d. Send from 1 to 3 players to play. ie. 2 on 3 and coach put 2 pucks into play.



D200 Small Area Battling Game

Key Points:

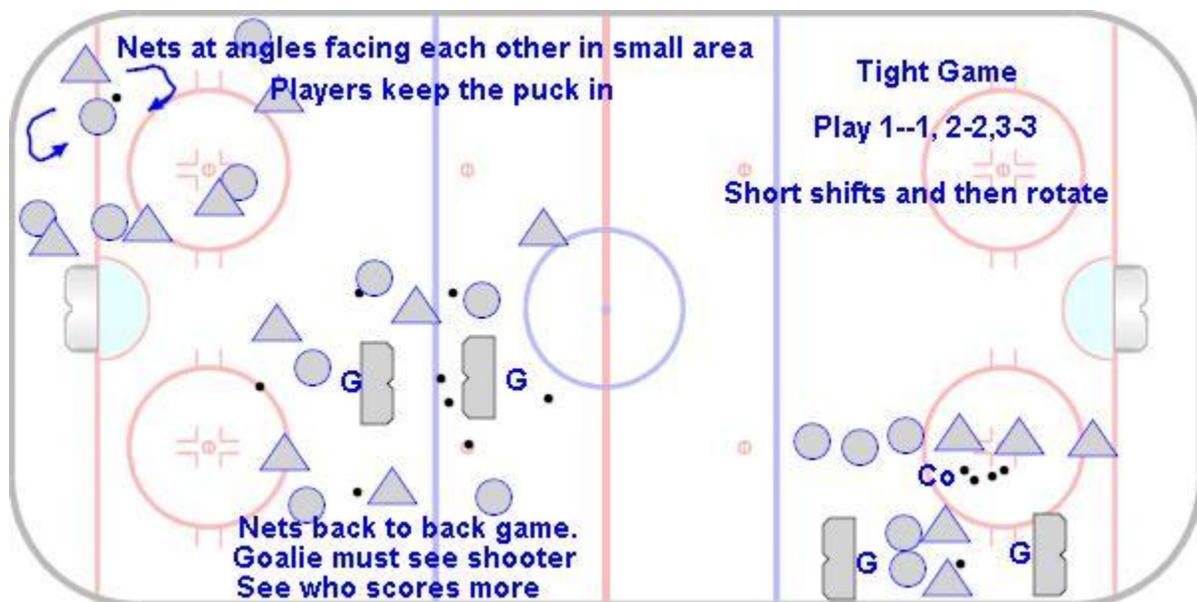
Transition between the four game playing roles. 1-player with the puck, 2-player supporting on offense, 3-player checking the puck carrier, 4-player covering other offensive players. They are also transitioning between the three game situations 0-loose puck, 1-offense, 2-defense.

Players always have a role to play in the transition between game situations and must think quickly and use good technique.

Description:

1. Put the nets facing each other about 10 metres apart. Play from 1-1 to 3-3 including odd man situations. Extra players wait at one side.
2. Coach pass a puck in and the players battle and try to score.
3. Take 20 second shifts,
4. Keep score.
5. Coach shoot in a new puck on a goal or if the puck is shot out of the zone.
6. Focus on the players battling with good habits and quick decisions.
7. Race out when the time is up and leave the puck in play (option is to pass to a teammate who is first in line.)
8. Nets can be close to the boards or in open ice.

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D200 Straight on Angling Game

Key Points:

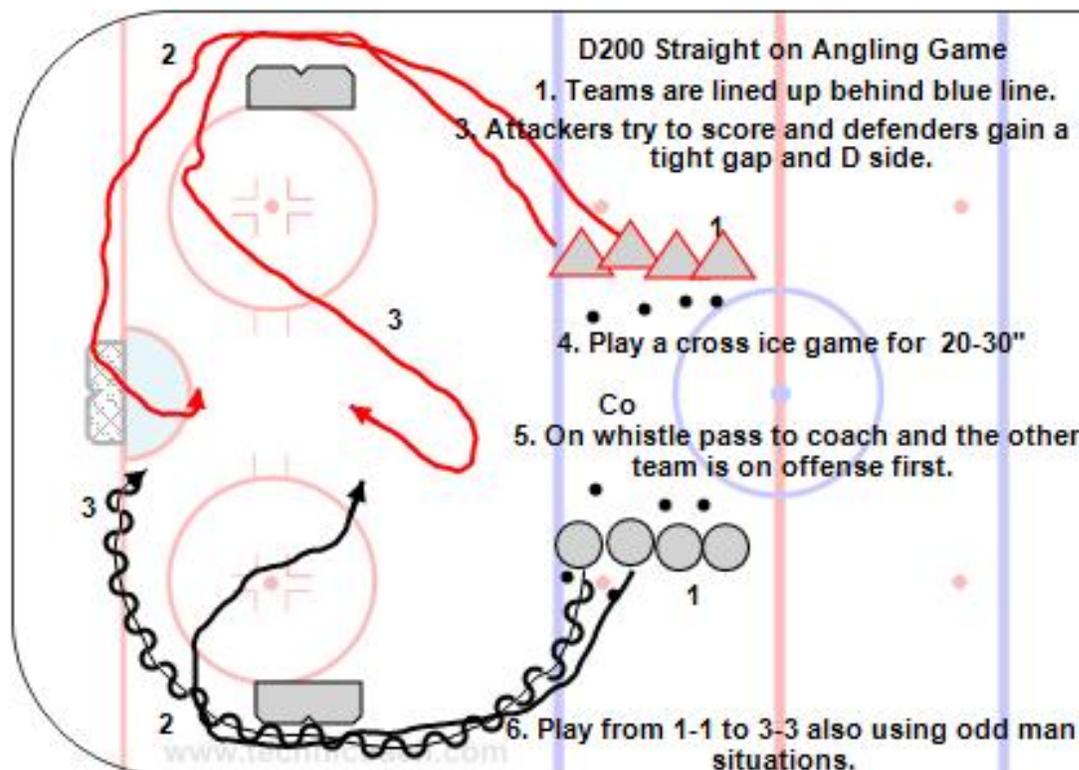
Both teams go behind their net on the whistle.

Defenders close the gap and maintain the defensive side.

Description:

D200 Straight on Angling Game

1. Teams are lined up behind blue line.
2. On the whistle each team skates behind their net.
3. Attackers try to score and defenders gain a tight gap and D side.
4. Play a cross ice game for 20-30"
5. On whistle pass to coach and the other team is on offense first.
6. Play from 1-1 to 3-3 also using odd man situations.



D200 Swedish Cross Ice Game of 1-1

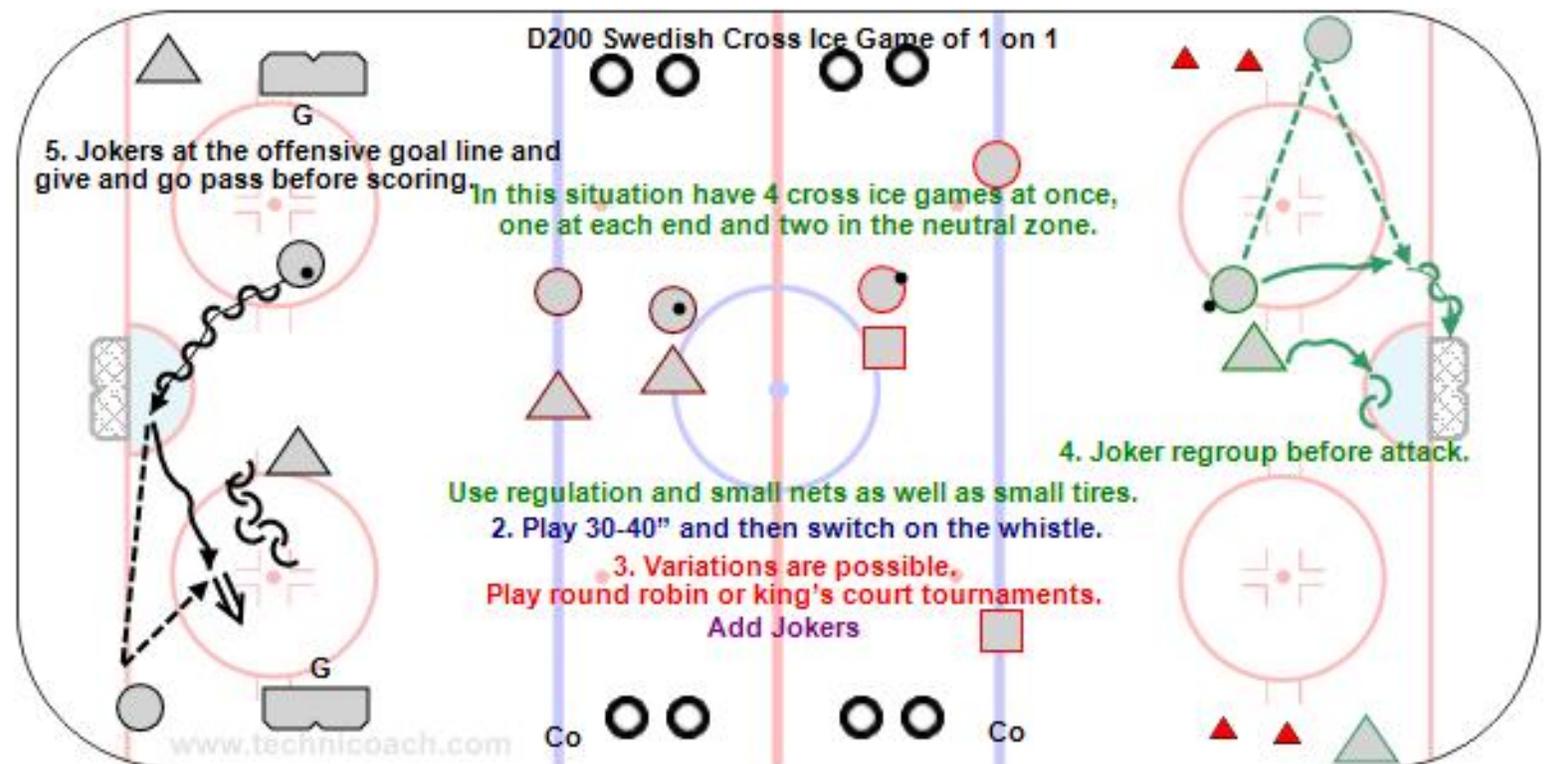
Key Points:

Players use the moves in a game situation that they just practiced in drills. Encourage the players to be creative and remember that the key to stickhandling is to protect use the body to protect the puck. Sell the fakes to make the defender straighten his/her knees or turn or lunge for the puck and use this instant to go around them and then block their recovery with your body.

Description:

1. Use regulation and small nets as well as small tires. In this situation have 4 cross ice games at once, one at each end and two in the neutral zone. This varies with the amount of players.
2. Play 30-40" and then switch on the whistle.
3. Variations are possible. Play round robin or king's court tournaments.
4. Add jokers, i.e. resting player at defending goal line and regroup when you get the puck
5. Jokers at the offensive goal line and require a give and go pass before scoring.

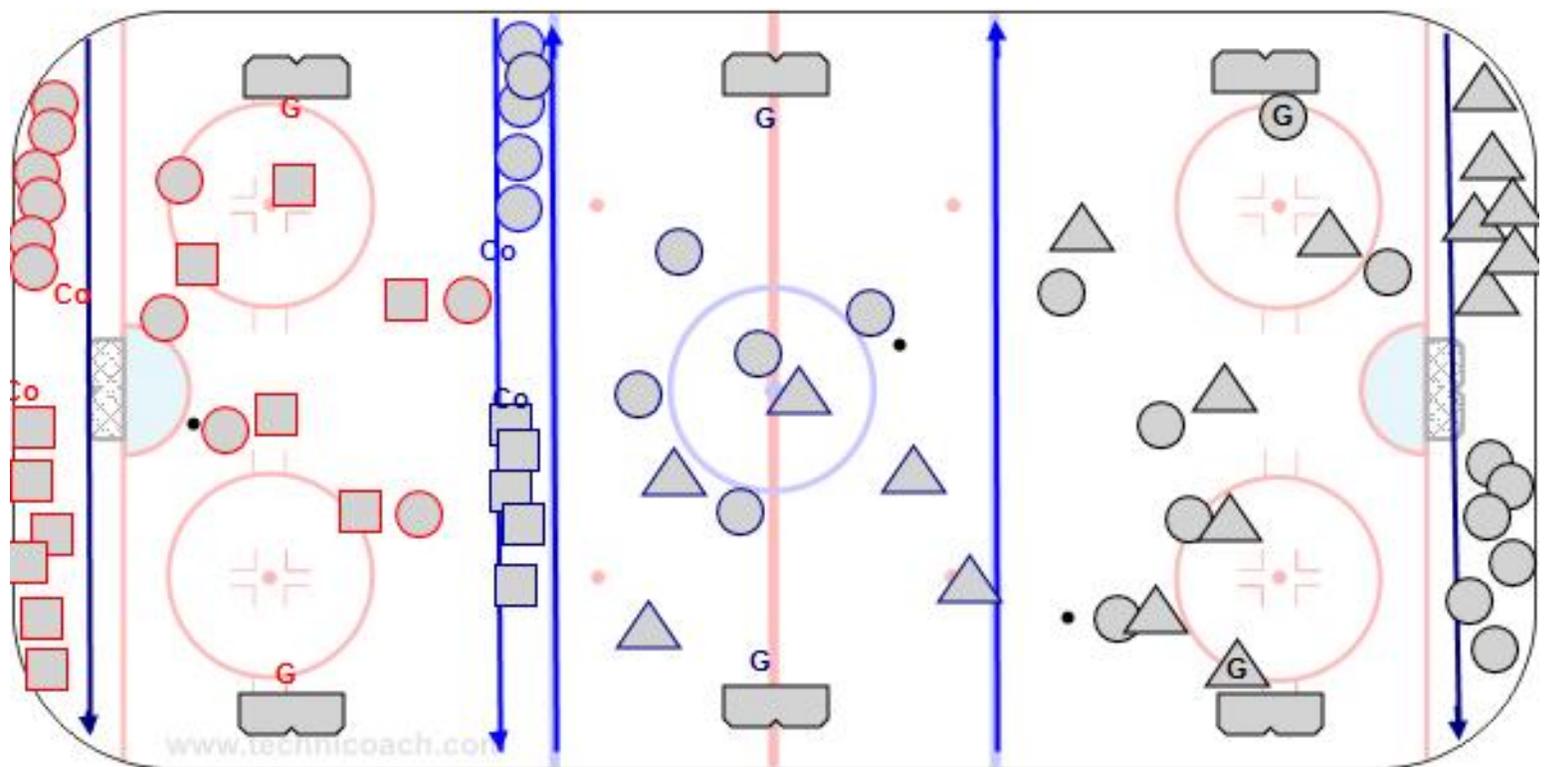
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D200 Tournament with Three Cross Ice Games

Here is an idea of how to use the ice to play tournaments on one sheet. Incorporate one tournament per week. Two or three teams could share the ice and set up everything before so they don't waste time. I have included a diagram. Use hollow 4x4 boards, hose or rink dividers. Add rule modifications and keep score.

Use foam pads, wooden or thick hoses to divide the rink into three sections and 3 benches. Play 5-5 with 5-7 year olds and 4-4 with 9-10 year olds. A 60 minute ice time could be a 6 team round robin tournament of 10' games. 5 min. warm up and 1 min. between games to switch rinks. Continuous. After a goal take the puck out right away and go. Opposition can't pressure until one player crosses the mid line.



D200 With Jokers at Both Ends

Key Points:

Regroups and give and goes are stressed.

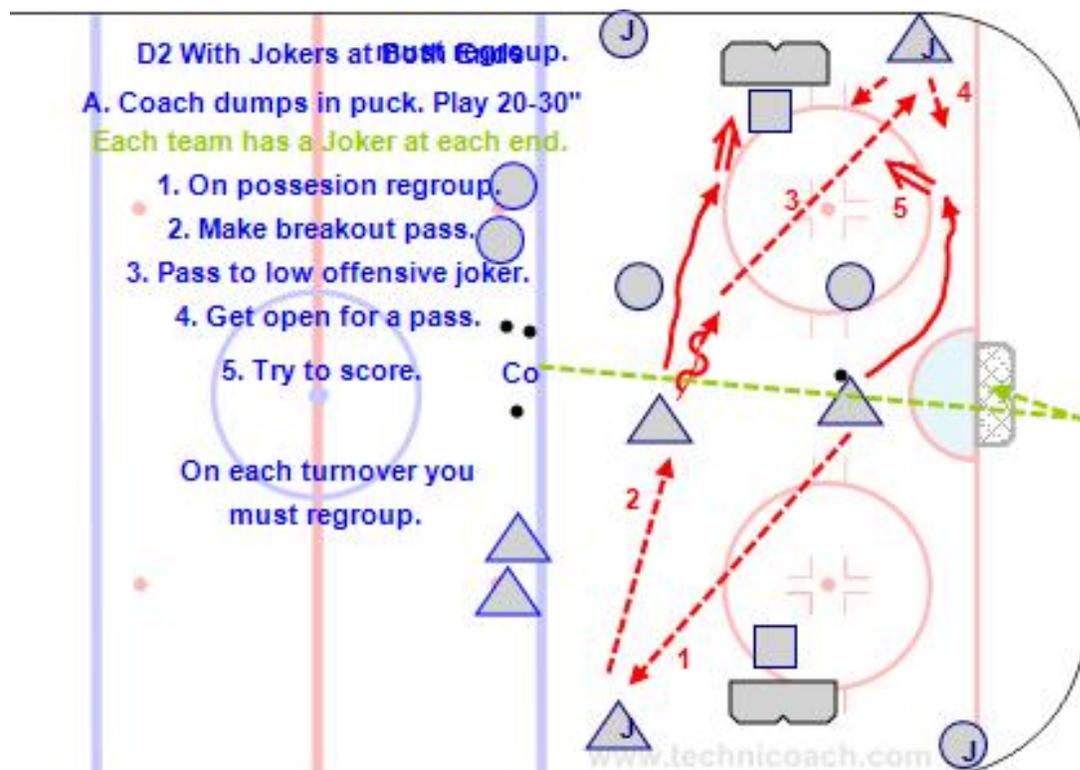
Description:

Each team has a Joker at each end. You must regroup with your defensive joker when you gain possession on the puck and pass to the offensive joker before shooting.

A. Coach dumps in puck. Play 20-30"

1. On possession regroup.
2. Make breakout pass.
3. Pass to low offensive joker.
4. Get open for a pass.
5. Try to score.

On each turnover you must regroup.



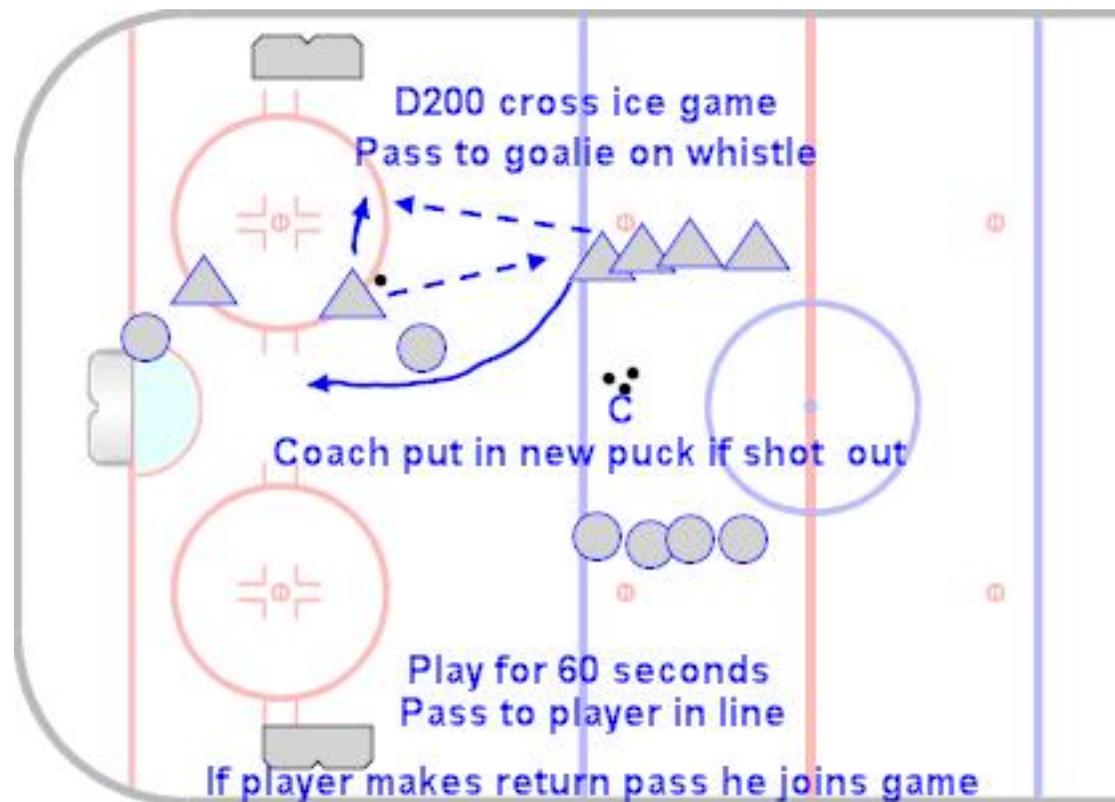
D200 With Players Joining After a Give and Go

Key Points:

Pass hard and get open for a return pass.

Description:

1. Players are lined up either in two lines or along the blueline.
2. Coach dumps the puck in to start the game of 1 on 1.
3. When player with the puck give and go passes to a team mate he can join the game.
4. Play for 45-60 seconds before starting a new game.
5. Coach shoot in a new puck if the original puck is dumped out or a goal is scored.



D400 1-1 Dukla Battles

Key Points:

Put the nets at 45 degrees in each corner. Defender stick on the puck and D side. Attacker protect the puck and use fakes.

Description:

1. Players line up behind the hash.
2. Coach shoots a puck below the goal line.
3. One player from each team battles to score.
4. Play 10-15" alternating corners.

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DT400 Ali, Bobbi-Jo Two Net Game

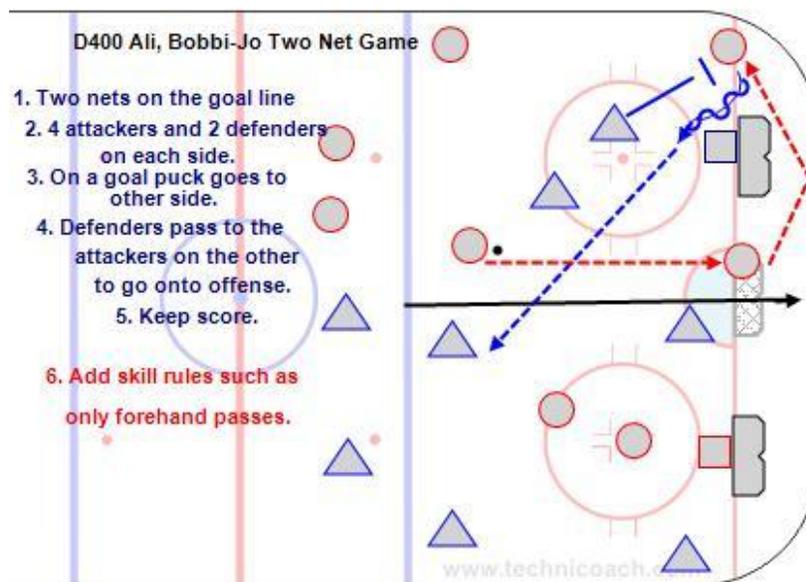
Key Points:

Attackers either skate or move the puck right away when they get it. Defenders have one on the puck and one in front of the net with sticks in the passing lanes. Rotate every 45 seconds.

Description:

1. Two nets on the goal line.
2. 4 attackers and 2 defenders on each side.
3. On a goal puck goes to other side.
4. Defenders pass to the attackers on the other side to go onto offense.
6. Add skill rules such as only forehand passes.

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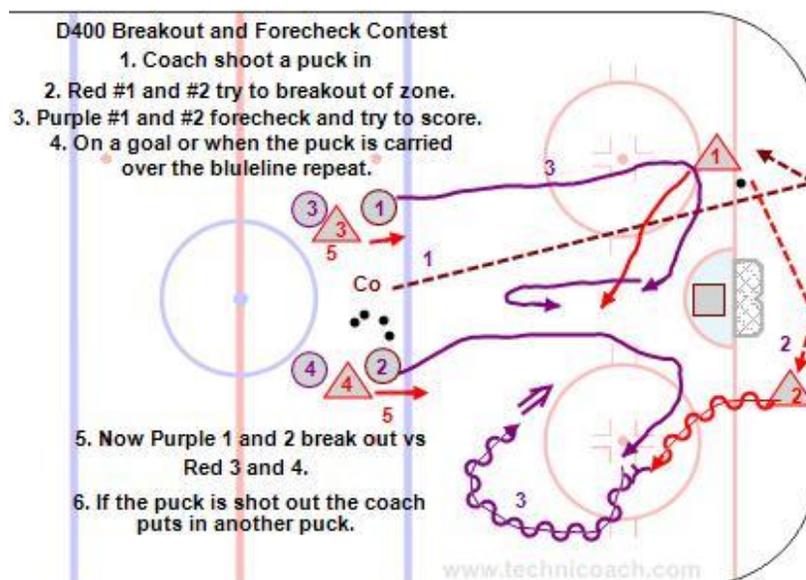
D400 Breakout and Forecheck Contest

Key Points:

This is a breakout vs forechecking pressure contest. Keep score and the coach can focus on any one of the 4 game playing roles.

Description:

1. Coach shoot a puck in.
2. Red #1 and #2 try to breakout of zone.
3. Purple #1 and #2 forecheck and try to score.
4. On a goal or when the puck is carried over the blueline repeat.
5. Now Purple 1 and 2 break out vs Red 3 and 4.
6. If the puck is shot out the coach puts in another puck.



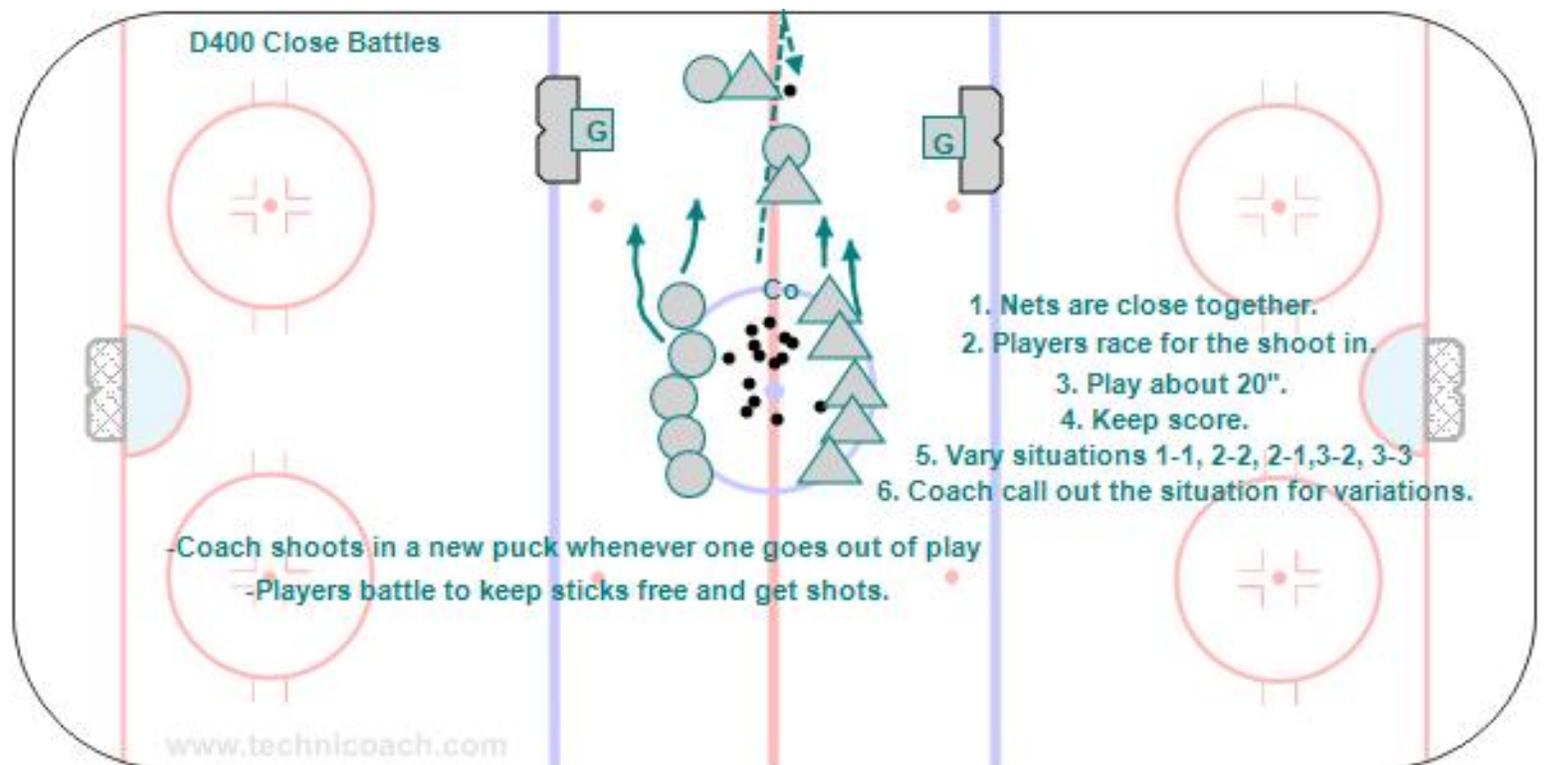
D400 Close Battles

Key Points:

- Coach shoots in a new puck whenever one goes out of play.
- Players battle to keep sticks free and get shots.

Description:

1. Nets are close together.
2. Players race for the shoot in.
3. Play about 20".
4. Keep score.
5. Vary situations 1-1, 2-2, 2-1,3-2, 3-3.
6. Coach call out the situation for variations.



D200 Cross Ice Uneven Situations

Key Points:

Play 1-2, 1-3, 2-3 to work on both offensive and defensive out number situations.

Stress good habits and moving the puck to a player in better position.

The coach can also implement modified rules to create situation. i.e. goals must come from one timers.

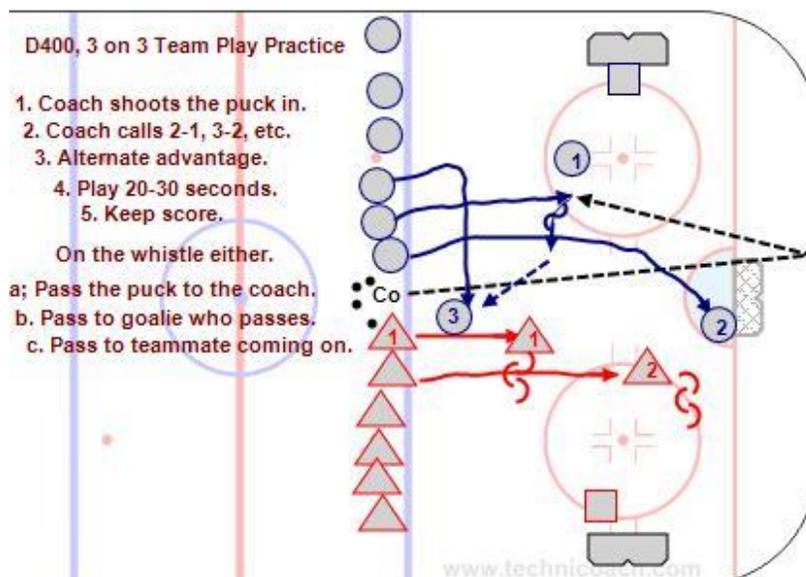
Description:

1. Coach shoots the puck in.
2. Coach calls 2-1, 3-2, etc.
3. Alternate advantage.
4. Play 20-30 seconds.
5. Keep score.

On the whistle either.

- a. Pass the puck to the coach.
- b. Pass to goalie who passes to a team mate coming on.
- c. Pass to team mate coming on. You could also simply leave the puck.

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D400 Games of 1-1 to 2-2 with Multiple Nets

Key Points:

Sometimes you have many goalies. Here is a game that you can use up to 3 nets and work on the offensive and defensive principles and skills of 1-1, 2-1, 1-2, 2-2. I have used this formation with up to 4 nets in hockey schools, team tryouts and situations like I have now with 3 goalies.

Description:

Players line up along the boards with the defensive teams player being first in line and the offensive player next.

1. Offensive player attacks 1-1 vs the defensive player.
2. New defensive player follows the attack and gives support (either active or passive depending on how long you want the original 1-1 to last)
3. On a turnover or a goal the supporting defender gets a pass or takes the puck out of the zone and turns back at the red line and attacks vs the original attacker. When the puck is out of the zone the original defender rests at the end of the line.
4. When the new attacker crosses the defender gets support from a teammate at the front of the line. Repeat.

This is a great game to progress from instructing how to play a defensive or offensive 1-1 and then putting it into a game situation. The rotation can even be used to practice team play with larger numbers when you only have a half ice practice. . i.e. a 3-2 and 3 new players support, one goes low to make it a 3-3 low while the other two are passive at the top of the circles. Breakout and turn back vs the original attacker 3-3 and have 2 support, next 3 support.



D400 Goalies Face Opposite Directions

Key Points:

Play all 4 Game Playing Roles with intensity.

1. Player with the puck.
2. Players supporting the puck carrier.
3. Player checking the puck carrier.
4. Players covering away from the puck.

There is constant transition of game playing roles and game situations offense, defense, loose puck.

Description:

1. Play 2 on 2 for 20 seconds.
2. Leave the puck in the zone on a whistle.
3. Players must clear the zone before the next players come on.
4. Each team shoots on only one net.
5. Keep score.
6. Add modifies rules that require certain skills to be used.

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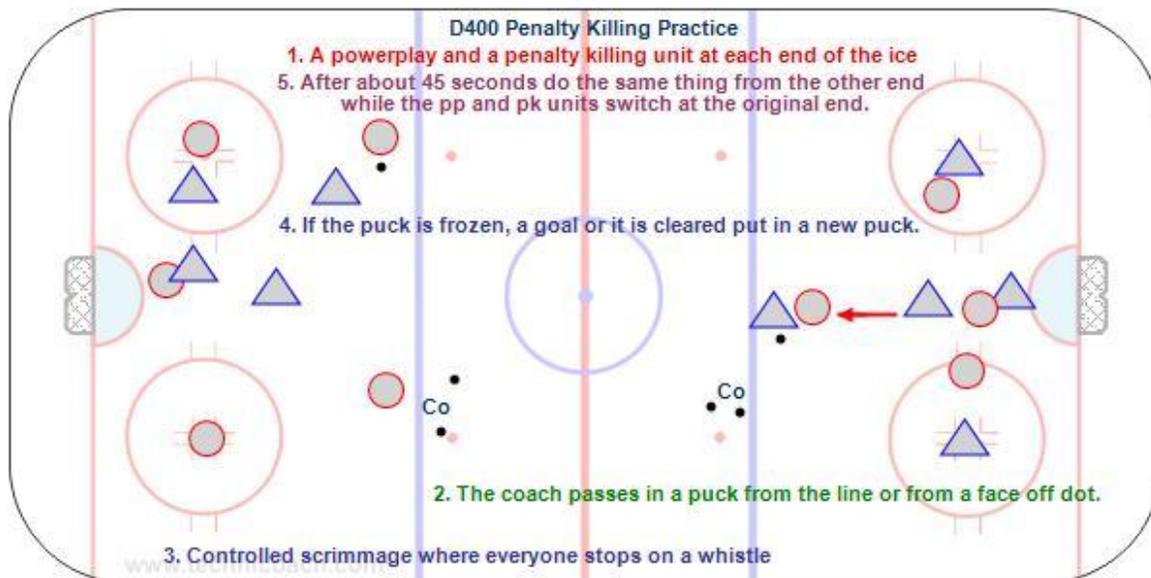
D400 Penalty Killing Practice

Key Points:

Closest player must pressure the puck in straight lines from the net out. Skate back when the puck is passed. Stick on the ice in passing lanes and stick on the puck when checking. Do not get tied up. Block shots.

Description:

1. A powerplay and a penalty killing unit at each end of the ice.
2. The coach passes in a puck from the line or from a face off dot.
3. Controlled scrimmage where everyone stops on a whistle.
4. If the puck is frozen, a goal or it is cleared put in a new puck.
5. After about 45 seconds do the same thing from the other end while the pp and pk units switch at the original end.



D400 SAG, 1-1, 2-1, 2-2, 2-3, 3-3

Key Points:

- Play in small areas for short shifts of 20-30 seconds.
- Focus on offensive puck protection and defensive net side with the stick on the puck and tight gaps.
- Attackers practice creating 2 on 1's, screening and picking while protecting their stick.

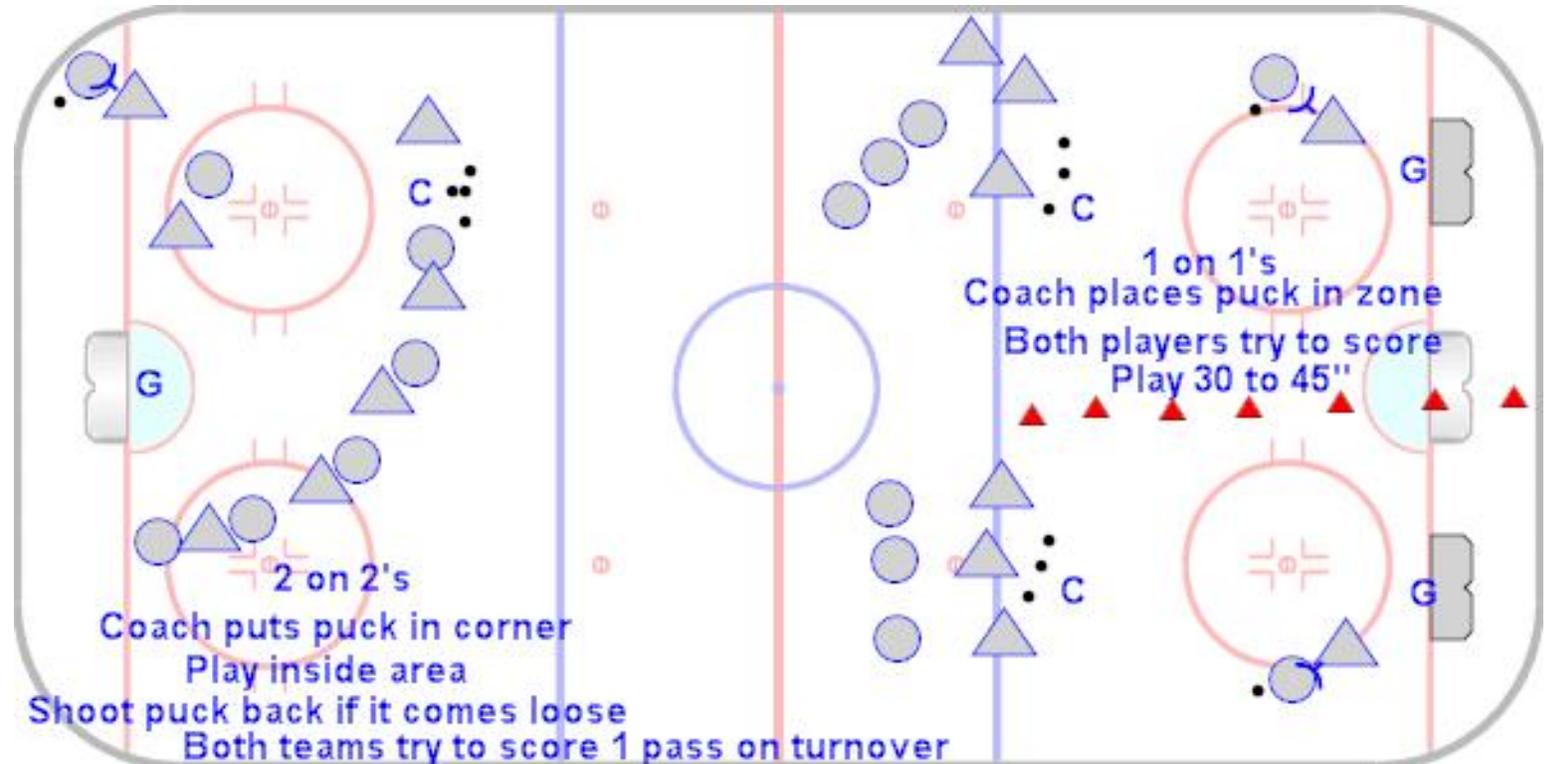
Description

Game One:

1. Net is in the standard place and the extra players form a semi circle to keep the puck in play.
2. Play situations up to a 3-3.
3. Coach shoots the puck into the corner to start the game and the extra players do the same if the puck is checked to them.
4. Keep score and vary the situation by calling out i.e. "blue 2, white 1" and that many players go.

Game Two:

1. Divide the zone in half with one net at each side and play two games at once.
2. If the puck comes out the coach puts in another puck.
3. Play this game up to a 2-2 situation with short shifts of 20-30 seconds.



D400 The Best Player Win Game

Key Points:

- Battle hard for the puck.
- Protect the puck.
- Get a shot and fight for the Rebound.

Description:

1. Players line up outside the blueline. They can be in 3 teams and keep score or just everyone vs everyone.
2. Coach fires the puck in and whoever gets the puck tried to score vs the other two.
3. If another player gets the puck he tries to score; including rebounds.
4. On whistle pass back to the coach and race out.
5. 20-30 second shifts.



D400 Transition Game of Low Battles with Point Support

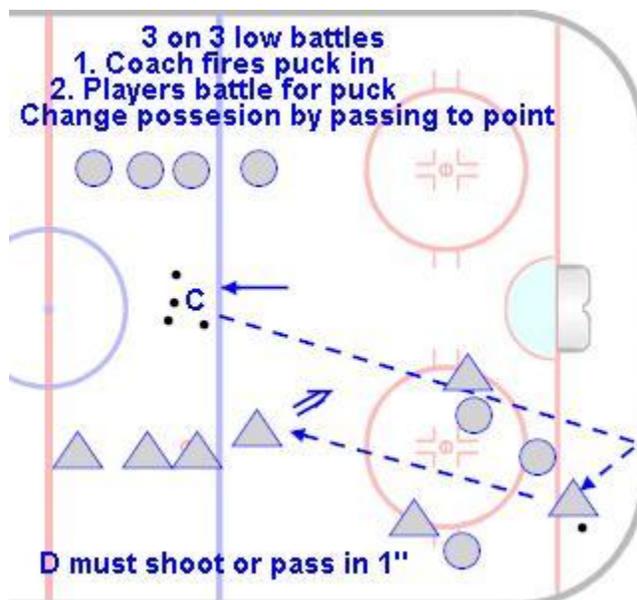
Key Points:

Great game to practice cycling, going to the net, screening, tipping, point shots, shot pass, one timers on offense. On defense you have the low zone coverage and communication skills. As well as individual techniques like sealing the stick to the outside, tying up sticks, boxing out, switching, all from the defensive side.

Description:

1. One team is lined up behind each faceoff dot. From one to three players leave at a time.
2. The next player in line plays the joker at the point and must pass or shoot within a second. Defenders do not check the joker as he can't go in and score.
3. The coach dumps the puck in or shoots on net and the teams race for the puck. Whoever gets the puck can shoot right away.
4. When the defending team gets the puck they must pass to their joker at the point to transition to offense.
5. If the puck is shot out of the zone the coach passes to the non offending joker.
6. Play 20-30" and on the whistle the players pass to the coach and skate hard out of the zone before the coach shoots a new puck in.

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D400, 1 on 1 Small Power Play Game

Key Points:

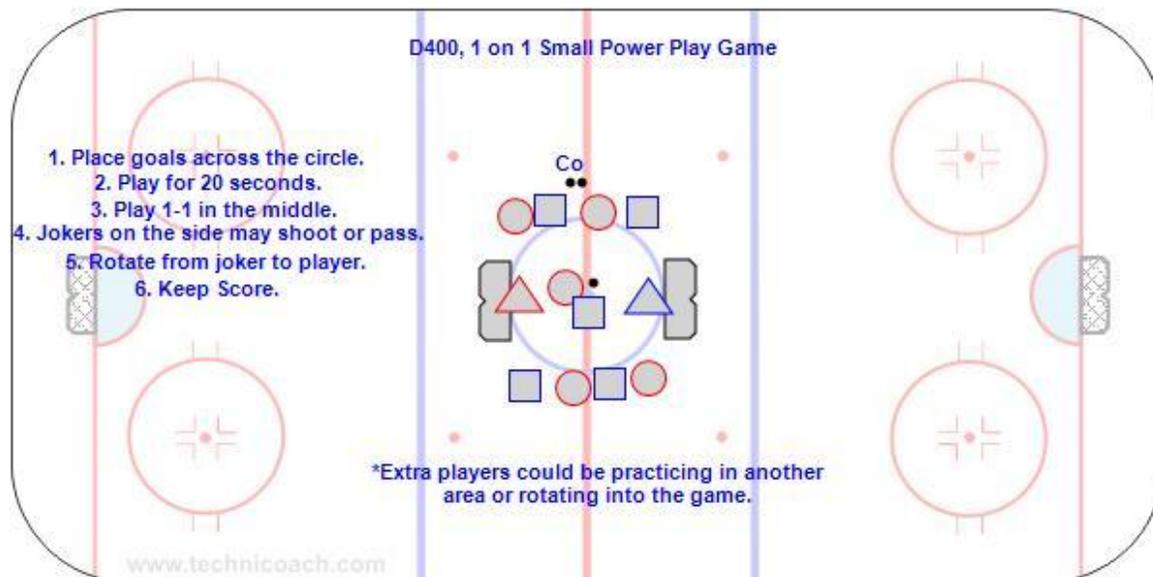
Battle, quick shot, quick pass, one timers.

Description:

1. Place goals across the circle.
2. Play for 20 seconds.
3. Play 1-1 in the middle.
4. Jokers on the side may shoot or pass.
5. Rotate from joker to player.
6. Keep Score.

*Extra players could be practicing in another area or rotating into the game. Game can be also played 2-2 or 1-2.

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D400, 2 on 2-Jokers at Point

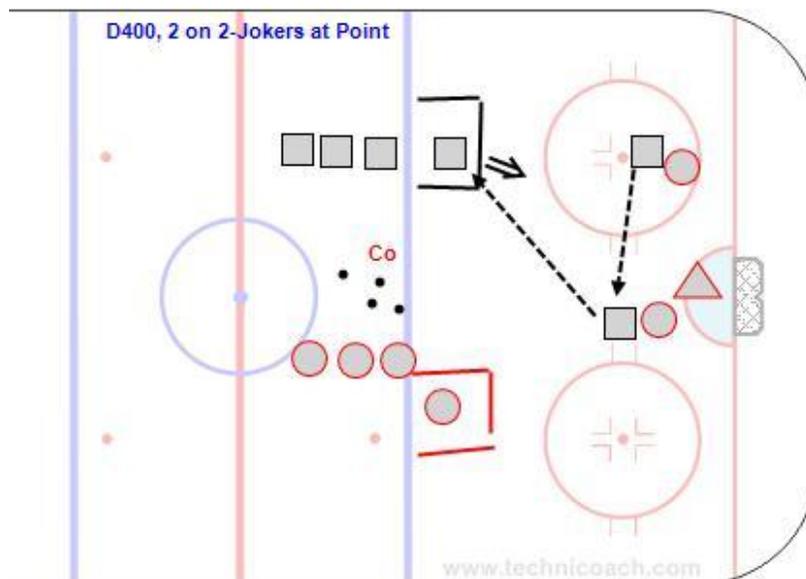
Key Points:

Players learn to move the puck from low to high. When the puck is at the point skills of Role 2 of getting open, screening on offense and Role 4 covering away from the puck, controlling sticks, sticks in the passing lane are practiced.

Description:

1. Spray paint a box just inside the point. Joker must stay in the box.
2. Coach shoots a puck in and the offensive team must make at least one pass before shooting.
3. On a turnover you must make at least one pass before taking a shot.
4. When the joker has the puck at the point defenders cover one attacker each-not the joker.
5. 20-25" shifts and come out hard on whistle.
6. Leave puck in zone on whistle.
7. Coach put in a new puck on goals or if the puck is shot out of the zone.

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D1 Controlled Scrimmage

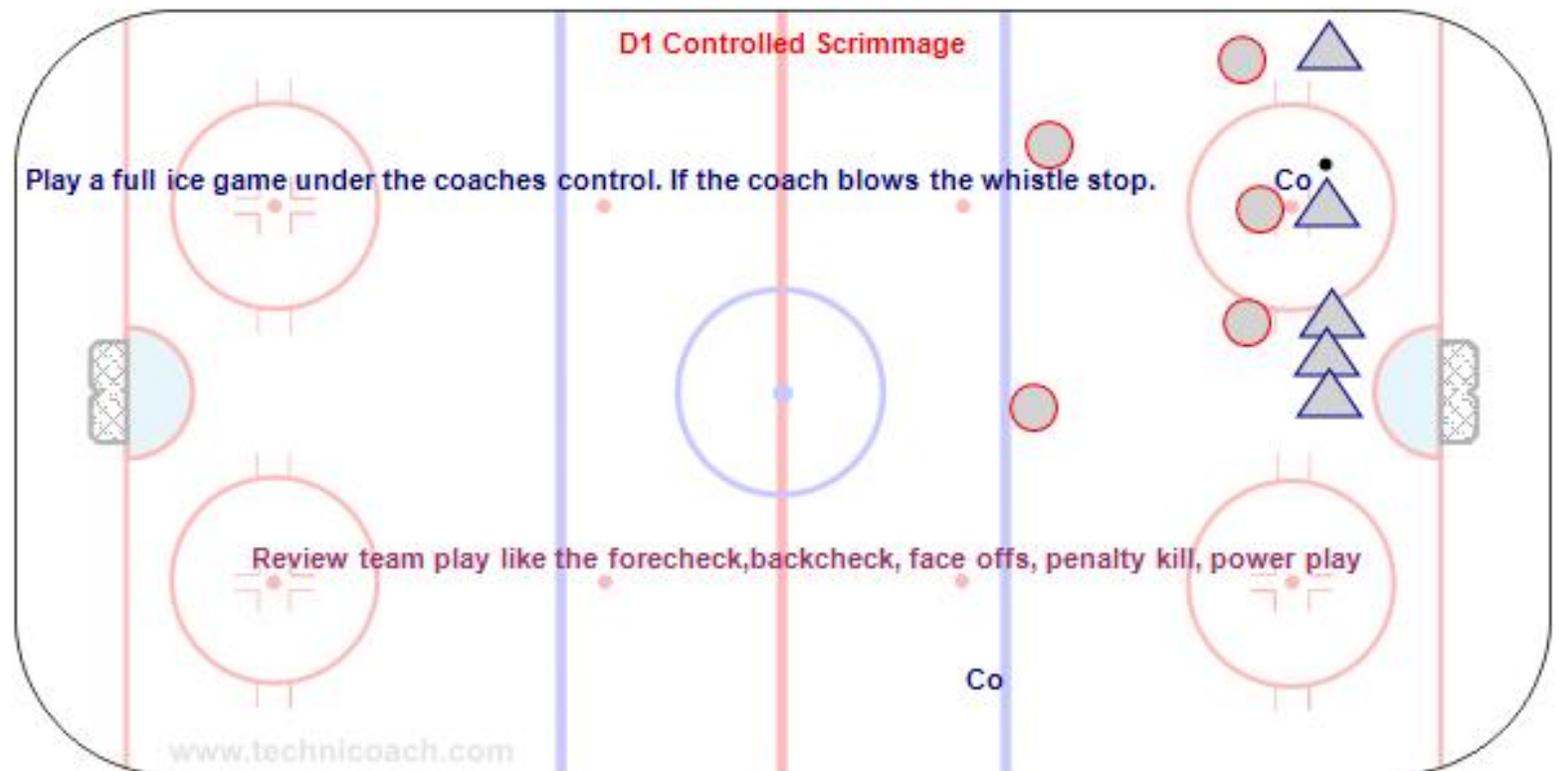
Key Points:

Team play, face-offs, freeze play,

Description:

Play a full ice game under the coaches control. If the coach blows the whistle stop. Review team play like the forecheck,backcheck, face offs, penalty kill, power play, even strength, etc..

Video link: <http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090824224310861>



D800 Four Games at Once

Key Points:

Divide the ice into 4 areas using hollow 4x4 boards, pads, thick hose.

Description:

1. Do skill drills and flow drills.
2. Play skill games.
3. Play tournaments.

