

B3 Passing and Partner Practice

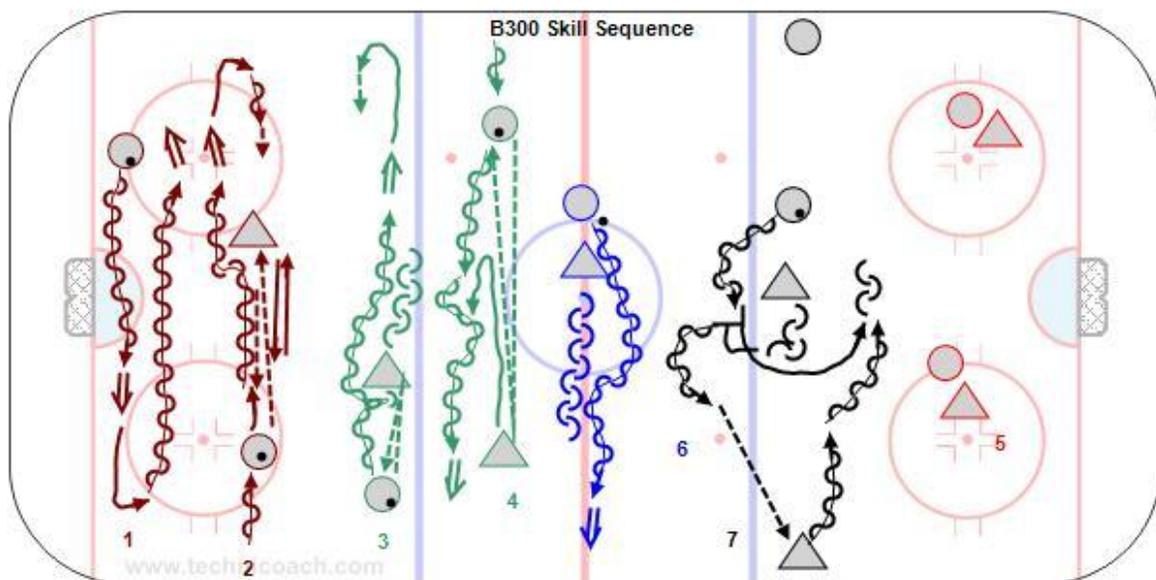
Key Points:

This is a great formation for partners to work together on passing or puck handling. You can even progress to one net or cross ice games and include more players. Practice shooting quickly, Use many moves vs. a passive opponent and increase the movement progressing to cross ice games.

Description:

1. Partner pass stationary and then skating. Incorporate going around each other as well.
2. Skate across ice and shoot at boards.
3. Skate-give and go-deke-shoot quickly.
4. Skate-give and go-deke moving D-Shoot.
5. Give-go, defender close gap-deke-shoot.
6. Partner keep-away.
7. 1 on 1 game-use line on boards or nets.
8. 1 on 1 game. Pass to waiting partner on whistle, goal or when defender regains puck.
9. Cross ice game and use small nets or the line on the boards as the goal. Play tournaments.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120430092803104>

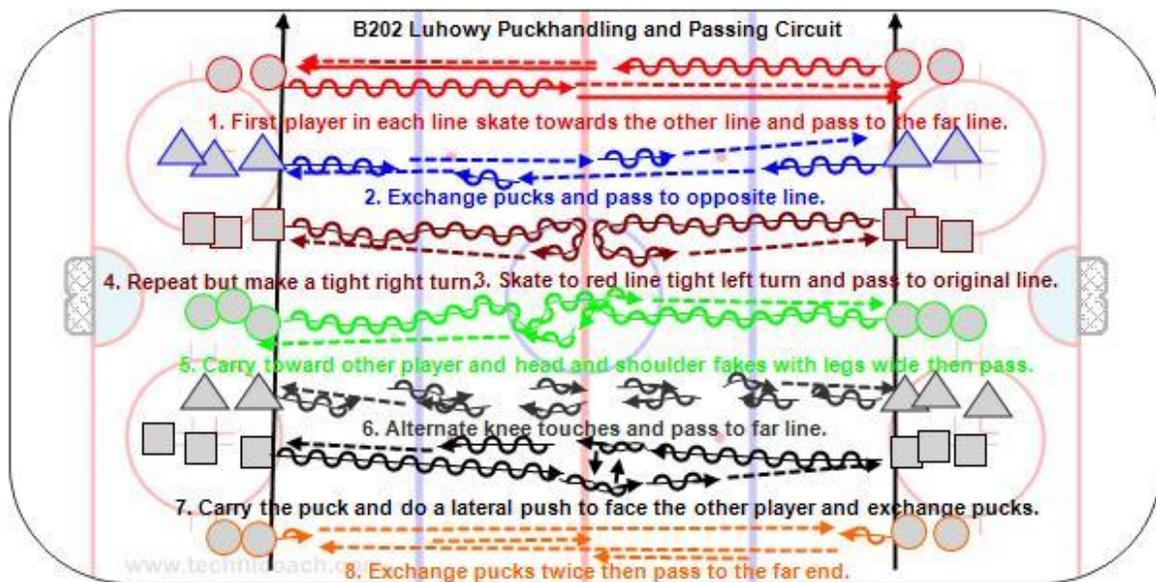


This an example of using cross ice stations that I did at a camp in Jihlava, Czech Republic.



<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20100830110013788>

Here is another example of how to get a lot of skill reps with minimal standing in line. You can move the groups across from each other instead of lengthwise.



<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072023504376>

The point is to create situations where players do many skill reps an minimal waiting.

More examples of using the ice efficiently.

D2 Cross Ice Game Using Blue Stripes for Nets

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120417102111470>

D2 Cross Ice Games

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

D5 Tournament-3 Games-Different Pucks

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20110627090918840>