



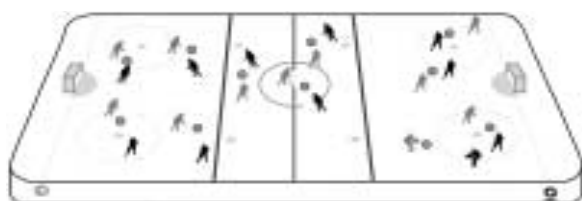
Using Games to Teach the Game Level 0 – non skaters

ABC's of International
Hockey:

A program to develop the

Complete Player

Lines:	Notes:
Using Games to Teach the Game.	



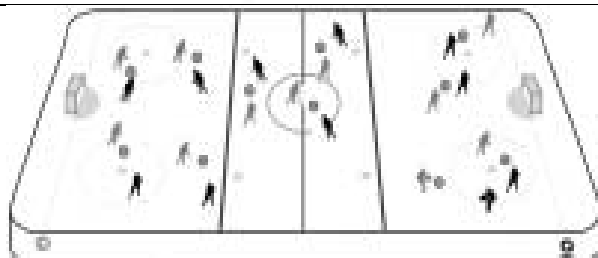
Games to Develop On-Ice Agility D, ROLE 1

GAME OF CATCH WITH A PARTNER:

Play a game of catch with a partner. Use a ball and stand about 9-15 feet/3-5 meters apart. This will stress balance on the skates.

D-0001

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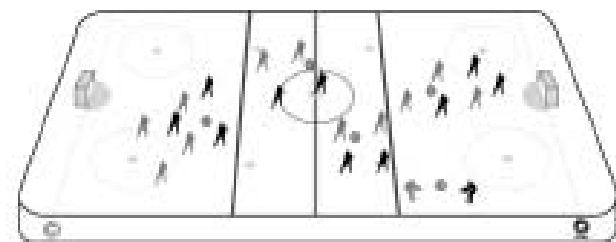
Games to Develop On-Ice Agility O.D, ROLE 1

GAME OF CATCH WITH A PARTNER WHILE MOVING AROUND IN A SMALL AREA OF THE ICE:

Play a game of catch with a partner while moving around a small area of the ice, throwing and catching the ball. Groups larger than 2 can be used. This game helps in developing balance, using the edges, turning and stopping.

D-0002

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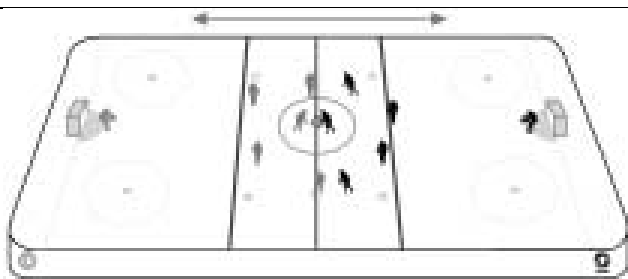
Games to Develop On-Ice Agility D, ROLE 1

GAME OF KEEP-AWAY USING A BALL:

The players must throw and catch a ball against another team. Play 1-on-1, 2-on-2, 3-on-3, etc. Make sure all players have gloves to protect the hands from the skate blades. This game works all of the skating skills and develops split vision.

D-0003

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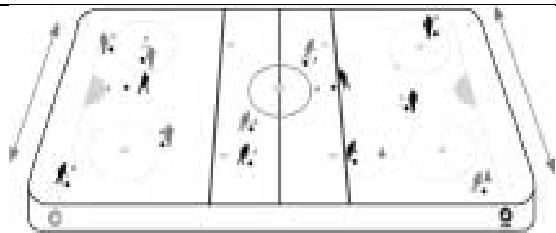
Games to Develop On-Ice Agility D, ROLE 1

GAME OF HANDBALL:

2 teams play full ice. Regular goals are used. All players must handle the ball before a goal counts. Use the ringette crease, only the goalie can be in the crease. If the ball or Frisbee hits the ice the other team gets possession. All skating skills are practiced in this game.

D-0004

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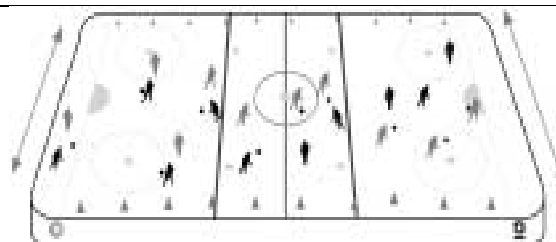
Games to Introduce Game Concepts and Coordination

D, ROLE 1

GAME USING ONLY THE FEET, AS IN SOCCER FOOTBALL:

Each player has a pylon and places the pylons for goals all over the ice. The player dribbles the puck with her feet and scores at as many pylons as possible in 1 minute. The coach times the activity and has 5-7 games of 1 minute. After each game the coach asks who scored the most goals. Game skills are introduced and coordination on the ice is the focus.

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Games to Introduce Game Concepts and Coordination

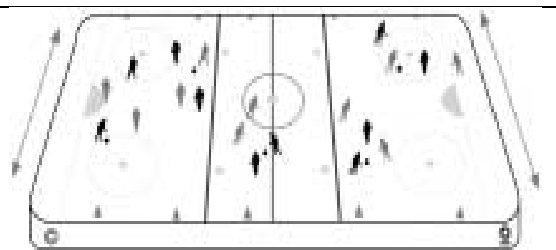
D, ROLE 1

1-ON-1 GAME OF SOCCER FOOTBALL:

The player scores by kicking the puck against the pylon. Each player has a pylon and places it across the ice from his partner. Split vision, agility and turns are emphasized in this activity.

D-0006

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Games to Introduce Game Concepts and Coordination

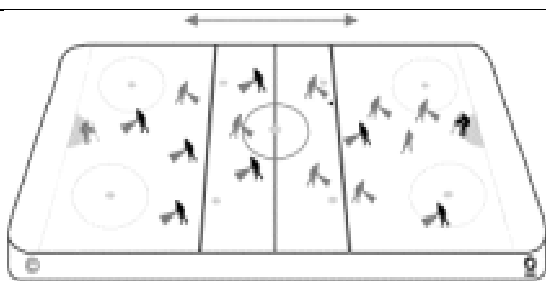
D, ROLES 1 AND 2

2-ON-2 GAME OF SOCCER FOOTBALL:

Play a cross-ice game with the players in teams of 2. Score by kicking either the puck or a ball and hitting the pylon. 1 pass must be made. Offensive and defensive principles are learned, as well as change-of-pace skating.

D-0007

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Games that Practice Team Play and Skating Posture

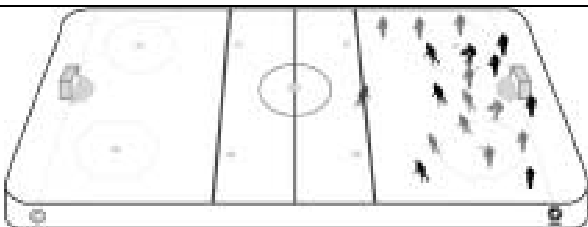
D, ROLE 1

PYLON HOCKEY:

Use a large pylon instead of a stick. In this full-ice game 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-0008

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Games for Agility and Quickness

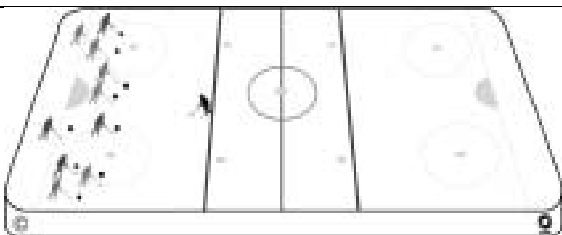
D, ROLES 1 AND 2

BRITISH BULLDOG:

This game has the players line up at the end of the rink in the A2 formation. 1 player 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-0009

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Games for Puck-Handling Ability, Speed and Quickness

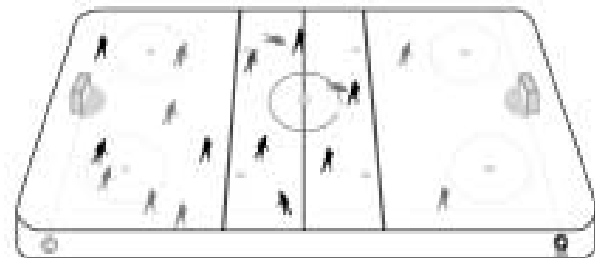
D, ROLES 1 AND 3

BRITISH PUCK DOG:

The players line up behind the goal line; when the player in the middle yells British Puck Dog they stickhandle the puck, trying to get to the end without being checked. If a player loses the puck he/she is in the middle checking. Last player with a puck wins.

D-00010

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100525081435891>



Games for Agility on Skates and Bending the Knees

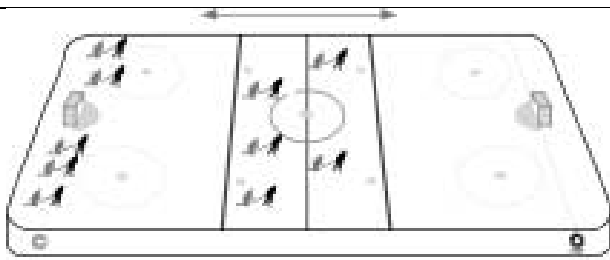
D

GAME OF FREEZE TAG:

Players play in 1 zone. 1 person is it. When a player is tagged they must stay in the spot they were touched. To be free another free player must slide on his/her stomach between the frozen players' legs. This game uses all skating skills, especially agility on skates. Make sure all players are wearing their hockey gloves.

D D-0011

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100525081419680>



Games for Agility on Skates and Bending the Knees

D

RACES PULLING A PARTNER WHO IS KNEELING

The players hold 1 stick in each hand and pull a partner 1 length of the ice. At the other end they turn and 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 D-0012

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100525081435891>
