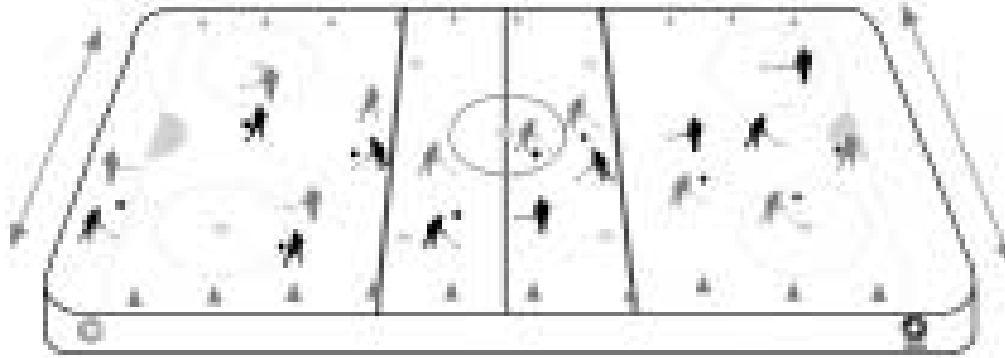


## **D, GAME ORIENTATION: GAMES TO TEACH THE GAME**

### **PLAYING ROLES 1 AND 3 IN PRACTICE**

A cross-ice game of 1-on-1 is the simplest and best way to teach the role of the puck carrier (number 1) and the checking player (number 3) in practice. The player either attacks or defends during a 1-on-1 game and the transition from defense to offence and vice-versa is automatically experienced. The players are organized in pairs and play a cross-ice game for 1 minute. When the game ends the players on 1 side of the ice move down 1 goal, with the last player moving to the empty goal at the other end. Play 1 game against each player on the other side of the rink; the players keep track of their wins, losses and ties.

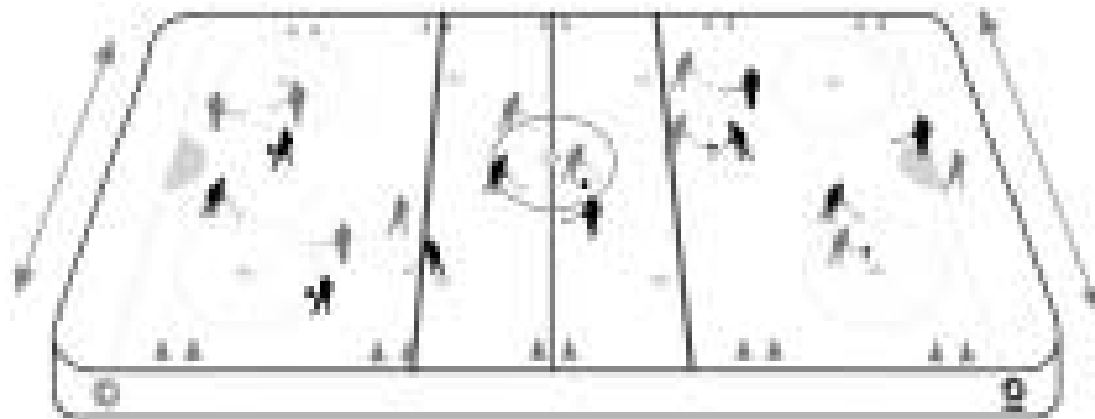


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## **D, GAME ORIENTATION: GAMES TO TEACH THE GAME**

### **PLAYING ROLES 1-2-3-4 IN PRACTICE**

5 cross-ice games. The players experience the 4 playing roles in practice during a 2-on-2 game. The players continuously change their playing roles from puck carrier (number 1) to offensive support (number 2), or closest checker (number 3) to defensive support (number 4). The players are organized in pairs and play a cross-ice game for 2 minutes. When the game ends the players on 1 side of the ice move down 1 goal, with the players at 1 end moving to the empty goal at the other end. Play 1 game against each team on the other side of the rink; the players keep track of their wins, losses and ties.

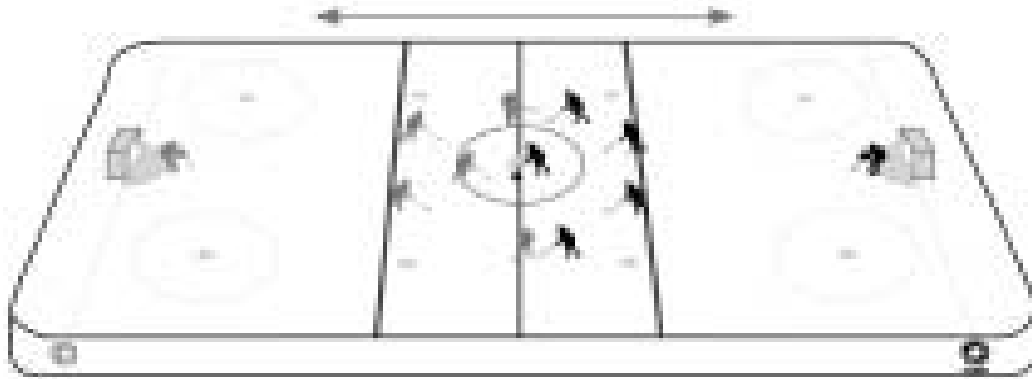


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## **D, GAME ORIENTATION: GAMES TO TEACH THE GAME**

### **THE NUMBER OF PASSES AND LEARNING THE GAME**

An effective way to teach the 4 playing roles is to have rules about how many passes are allowed. The fewer passes the more individual play (role number 1 and role number 3). The more passes the more team play (role number 2 and number 4).

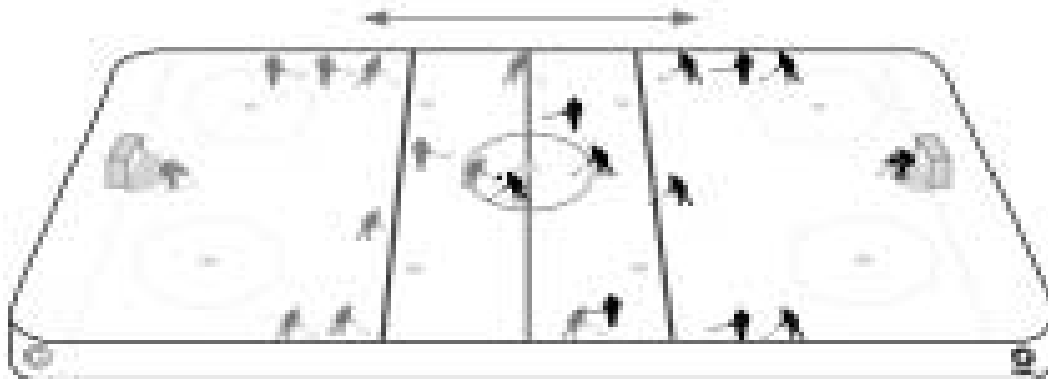


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## **D, GAME ORIENTATION: GAMES TO TEACH THE GAME**

### **CHANGING THE 4 PLAYING ROLES WITH MORE THAN 2 PLAYERS**

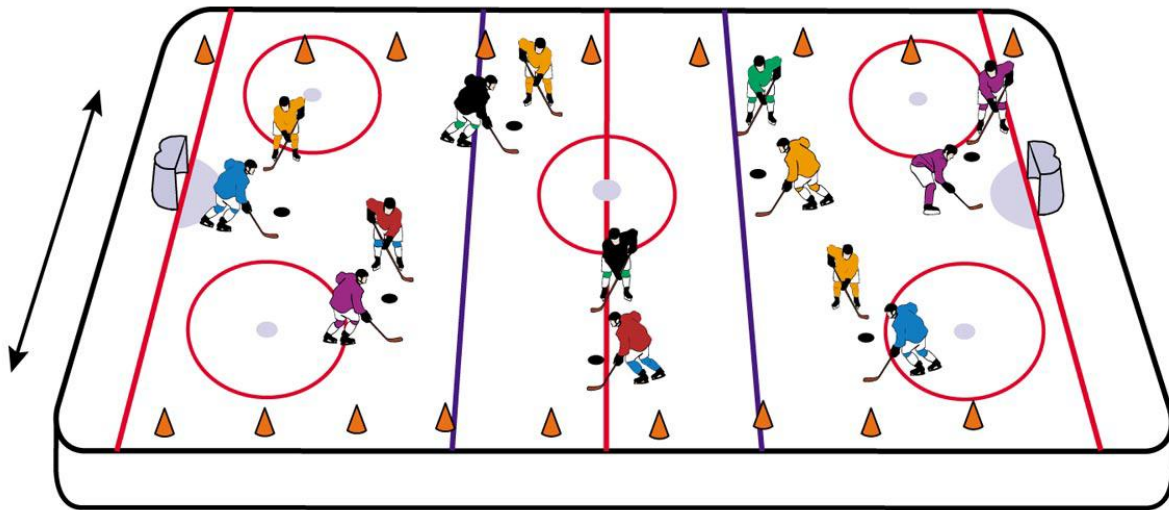
When the players understand the constant changing of playing roles in the 2-on-2 games they are ready for 3-on-3 and then 4-on-4 games. These games add the dimensions of the triangle and box in offensive and defensive situations. Play a crossice game in each zone for 2 minutes, then have the teams on 1 side move down 1 goal; the last team go to the empty net at the other end of the rink.



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#### **D, GAME ORIENTATION: GAMES TO TEACH THE GAME CHANGING THE 4 PLAYING ROLES WITH MORE THAN 2 PLAYERS**

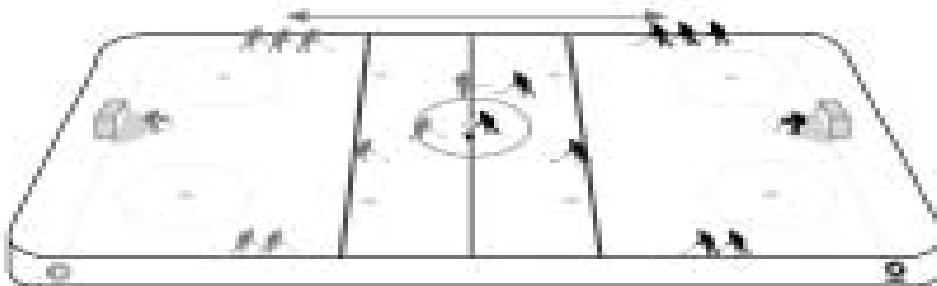
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#### **D, GAME ORIENTATION: LEARNING THE GAME-FULL-ICE SMALL AND MODIFIED GAMES**

Play full-ice micro games of 1-on-1, 2-on-2, 3-on-3 to practice the 4 playing roles in the defensive, neutral and offensive zones. Use modified rules to create the situations that you want the players to practice. These rules can be designed to practice good habits (always face the puck), develop skills (only wrist passes are allowed) or team-play concepts (2 points for a goal scored from a play originating below the goal line encourages offensive cycling and low defensive coverage).



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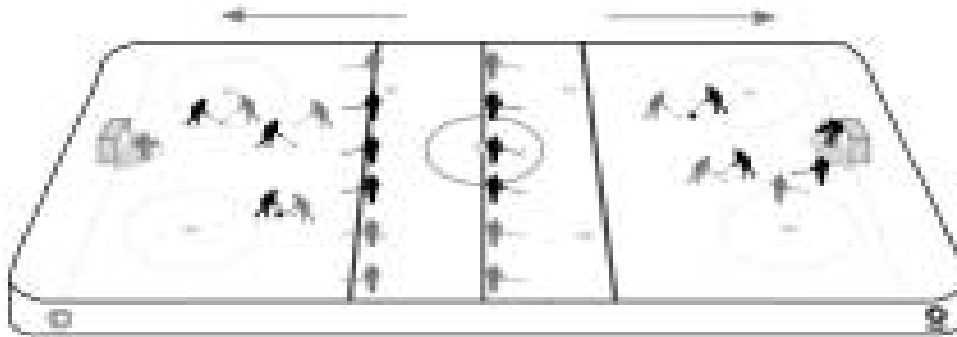
## **D, GAME ORIENTATION: GAMES TO TEACH THE GAME**

### **A HALF-ICE GAME WITH BOTH TEAMS SHOOTING ON 1 GOAL**

Play a half-ice game using any number of players. Individual skills can be isolated in a 1-on-1 game. All of the 4 roles are practiced in a 2-on-2 game. Defensive and offensive triangles are used in a 3-on-3 game and a box offence and defense on a 4-on-4 game. 5-on-5 has all of the team-play components. All even- and odd- numbered situations like the power play or the 6-on-5 can be practiced.

Some methods of transition from defense to offence are:

- All players must get onside and the puck carrier must touch the red line before attacking.
- All players must touch the puck before scoring.
- Pass to new players who are waiting in the neutral zone to attack, either against the original attackers or new defenders.

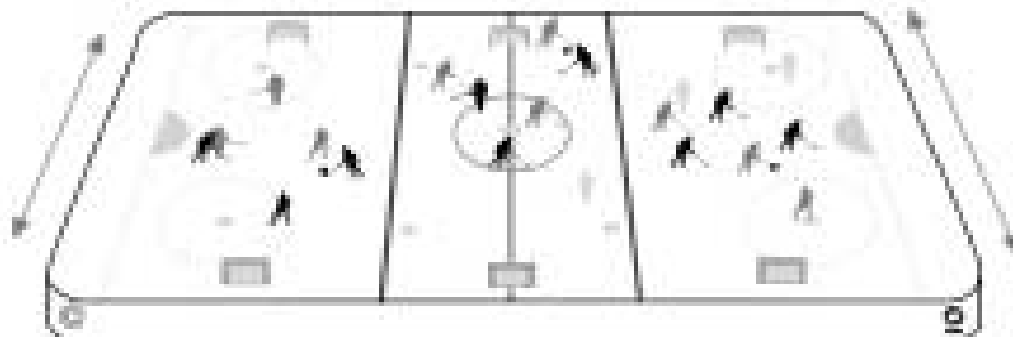


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## **D, ROLES 1 AND 2: GAMES TO TEACH THE GAME**

### **CROSS-ICE GAME STRESSING EYE ON THE PUCK/GOOD POSTURE**

A fundamental rule is that the players must always face the puck during a game. Everything that happens in hockey is in relation to the puck. The players must see the puck in order to know their playing role and be able to switch from 1 role to the other. This helps eliminate unnecessary turns and useless skating. At the same time the coach can emphasize the proper skating posture, so that players are always in the ready position.

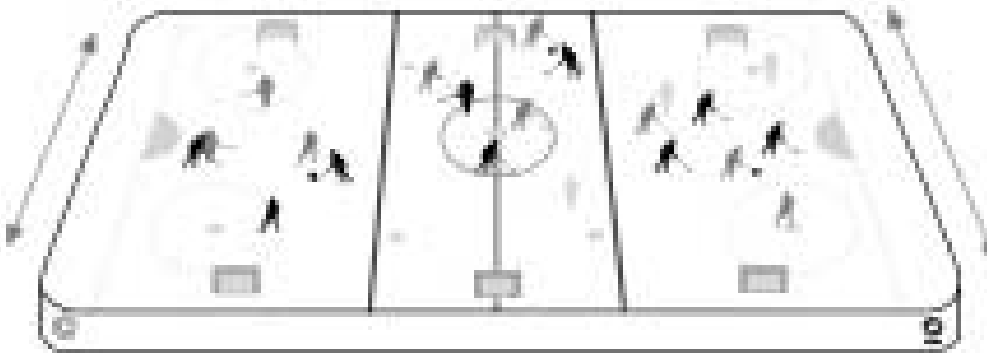


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## **D, ROLE 1: GAMES TO TEACH THE GAME**

### **GAME USING ONLY THE FOREHAND**

Play a game where the puck can be controlled only by using the forehand side of the blade. The game affects not only puck-handling but also the movement of the player's lower body. When the player changes direction he/she must skate around the puck on the backhand side, this causes the hips and shoulders to go in different directions. It is also a good rule for learning to pull the puck toward the skates, to beat a player or prepare to shoot.

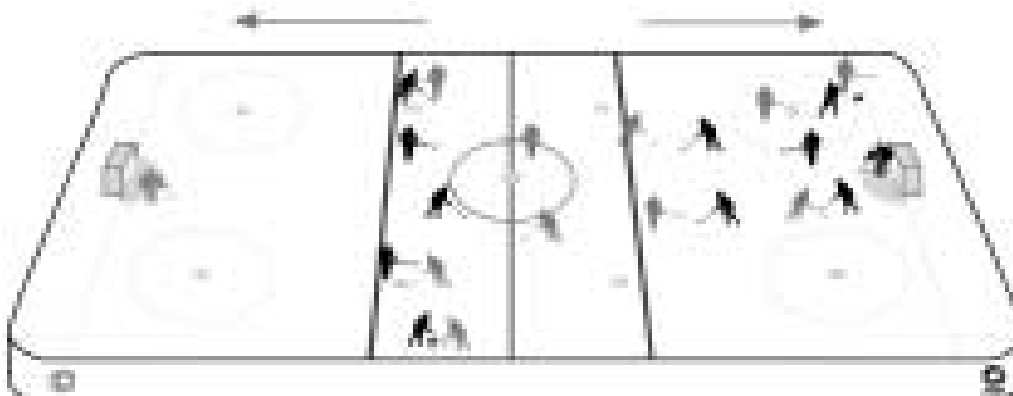


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## **3. D. ROLE 1: GAMES TO TEACH THE GAME**

### **GAME USING ONLY THE BACKHAND**

Play a game where the puck can be controlled by using only the backhand side of the blade. The game affects not only puck-handling but also the movement of the player's lower body. When the player changes the direction he/she must skate around the puck on the forehand side, this causes the hips and shoulders to go in different directions.

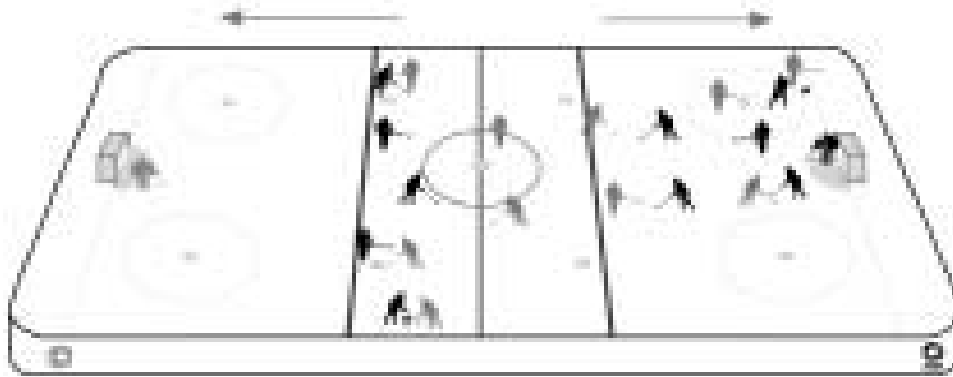


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## **D, ROLE 1: PUCK-PROTECTION SKILL: GAMES TO TEACH THE GAME**

### **GAME HOLDING THE STICK WITH ONLY THE TOP HAND AND PROTECTING THE PUCK**

The players are only allowed to hold the stick with 1 hand. This causes them to set up a wall to protect the puck with the body, and skate to open ice away from pressure.

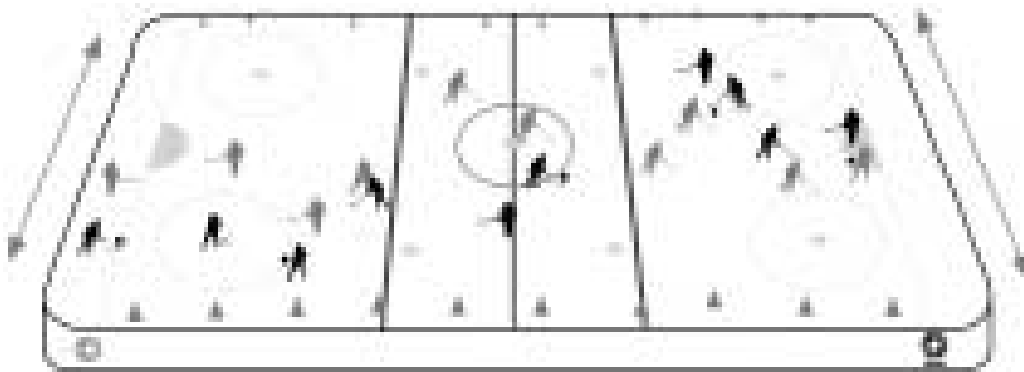


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## **D, ROLE 1: STICK-HANDLING SKILL GAMES TO TEACH THE GAME**

### **GAME WITH HANDS CLOSE TOGETHER NEAR THE TOP OF THE STICK**

Play a CROSS-ICE game of 1-on-1. The rule is the hands must be close together at the top of the stick. This enables the puck carrier to make big moves, roll the wrists and manipulate the puck more easily.

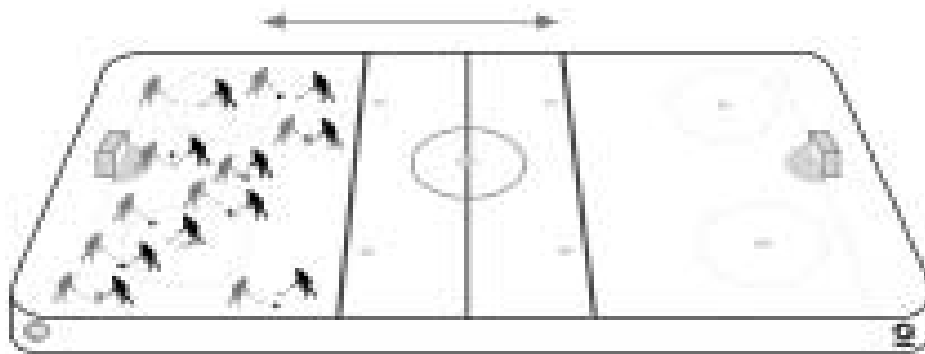


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## D, ROLE 1 AND 3: GAMES TO TEACH THE GAME

### KEEP-AWAY

Play keep-away in 1 zone. The players protect their puck and try to knock other pucks out of the zone. The last player with a puck is the winner.

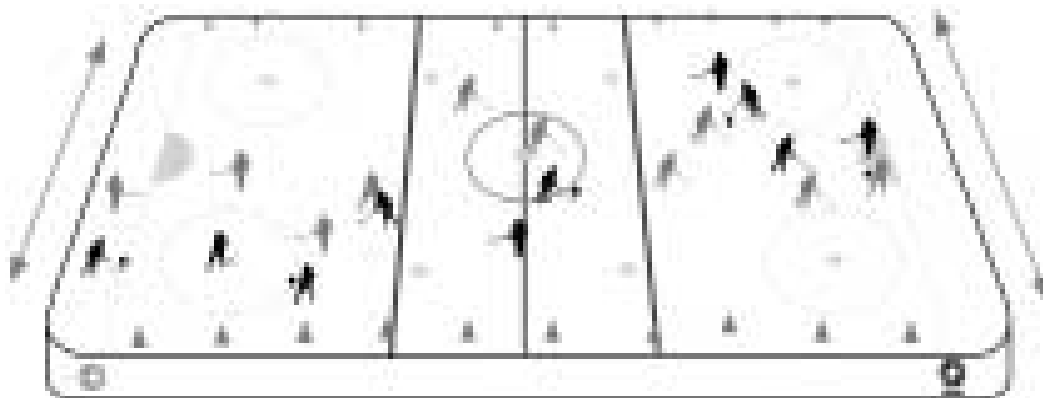


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## D, ROLE 1: GAMES TO TEACH THE GAME

### FLAT-FOOTED SKATING

Play cross-ice or half-ice allowing only flat-footed toe-out, toe-in skating, where the blades never leave the ice. This is a good strengthening exercise and good practice in toeing in and out, as well as unlocking the hips while skating.

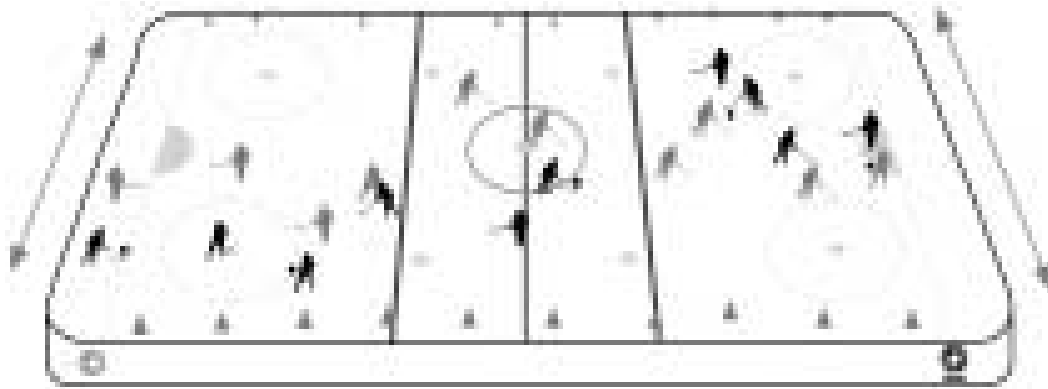


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## **D, ROLE 1: GAMES TO TEACH THE GAME**

### **GAME WITH LEGS WIDE APART WHILE FAKING**

The player tries to combine the lessons learned in the other games. When he approaches the opponent he should have hands close together, legs wide apart, use head and shoulder fakes and protect the puck with the body. Pressure on the inside edge of 1 skate enables the player to turn very quickly.

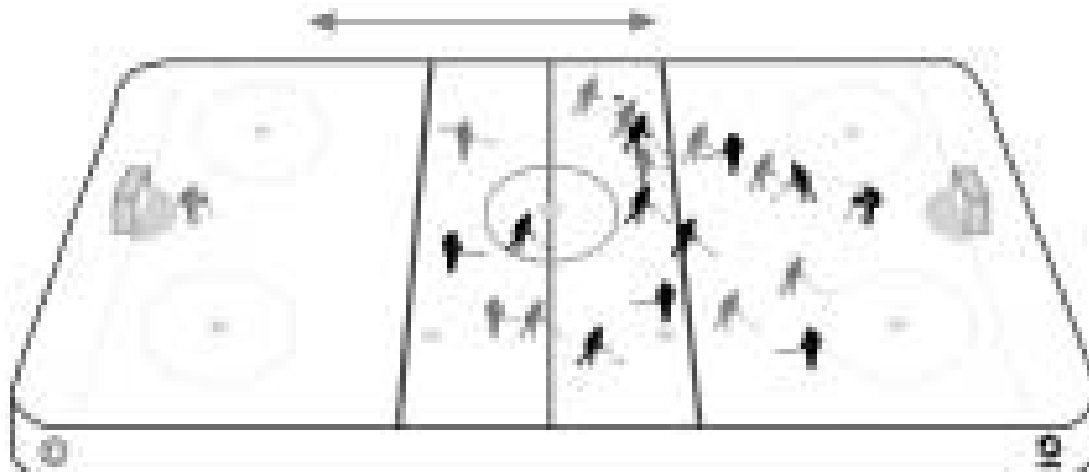


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## **D, ROLE 1: GAMES TO TEACH THE GAME**

### **“NO-PASSING” GAME OF SHINNY WITH MANY PLAYERS**

Play with large teams using “no-passing” rule. The player with the puck must try to score by stickhandling the puck through everyone. This game demands that each player practice the first playing role of the player with the puck, and move his or her feet, pivot, fake, drive-skate to open ice, etc.



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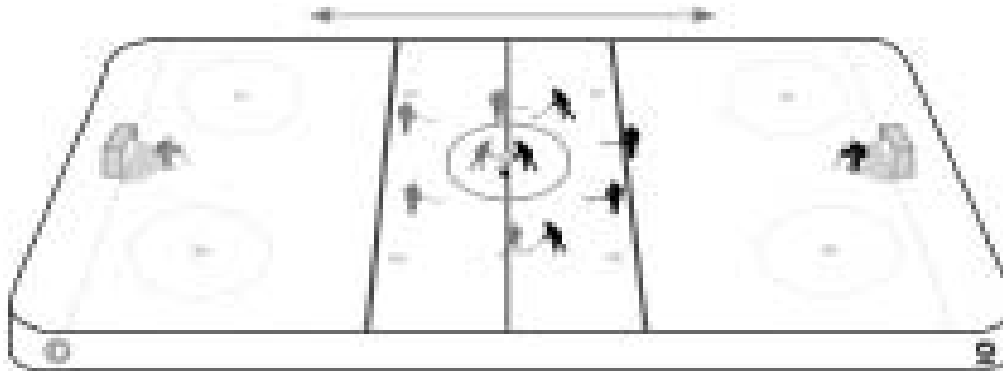
## D, 4 PLAYING ROLES: GAMES TO TEACH THE GAME

### GAME STRESSING THE 4 GAMESITUATION PLAYING ROLES

Play a game and remind the players that they always have something to do during a shift:

1. Player with puck.
2. Offensive player without puck.
3. Defender covering puck carrier.
4. Defensive player covering pass receiver.

When a "0" or loose-puck situation occurs the players must consider whether they should think offence or defense first. Always protect against giving up odd-man rushes and give the first player to the puck close support for passes and defensive help.

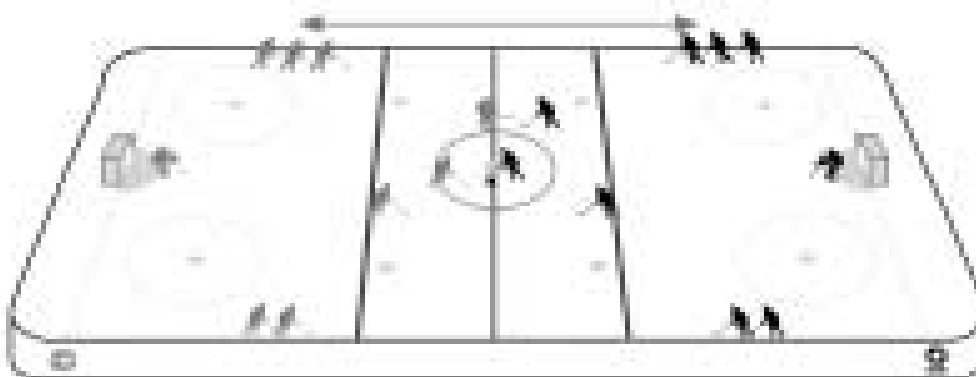


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## D, 4 PLAYING ROLES: GAMES TO TEACH THE GAME

### 2-ON-2, 3-ON-3, FULL-ICE GAMES

The best way of learning the 4 playing roles is to play 2-on-2 and 3-on-3 games. When playing these full-ice games the normal rules, such as offsides, are enforced. These games with 2 or 3 players on a side make it easy to isolate the individual or teamplay skills that the coach wants to work on. The small groups keep all of the players actively involved and the coach can easily point out the techniques or tactics that are being done properly, as well as those that need to be worked on. Organize by having the players line up along the boards in the neutral zone or sit in the players' box. The shifts should be 30-40 seconds. Playing in small groups for 30-second shifts is a good way to practice support on offence and defense. Another option is to have the players change on their own when the puck is deep in the offensive zone.

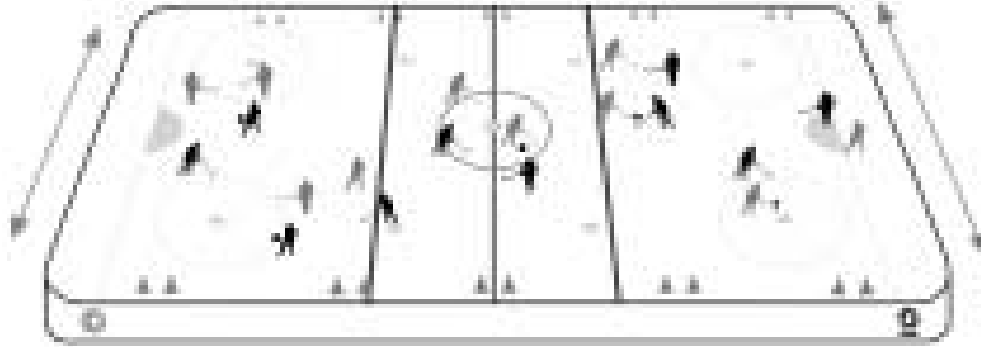


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## **D, ROLES 1 AND 2: GAMES TO TEACH THE GAME**

### **GAME WHERE THERE MUST BE AT LEAST 1 PASS BEFORE A GOAL COUNTS**

In order to practice roles 1 and 2, make the rule that there must be at least 1 pass before a goal counts. This rule encourages players to look for teammates and to get open for a pass.

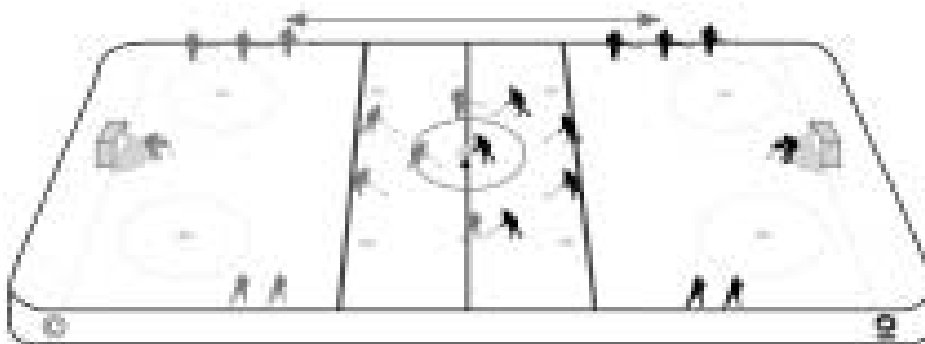


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## **D, ROLES 1 AND 2: GAMES TO TEACH THE GAME**

### **GAME ALLOWING ONLY 1 PASS**

By allowing only 1 pass the player must try to score by drive-skating to the net and teammates must support by screening, picking and going to the net for rebounds.

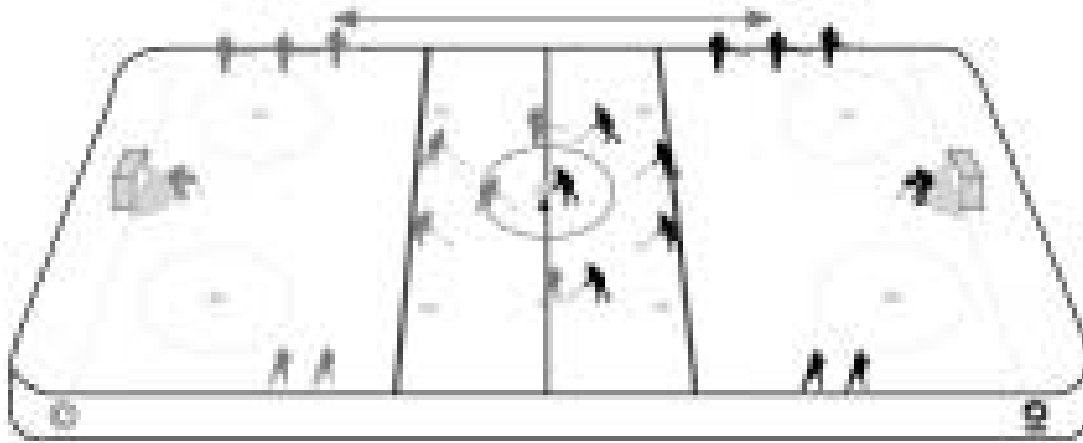


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## **D, ROLE 1: GAMES TO TEACH THE GAME**

### **MOVING WITH THE PUCK GAME**

Play a game with the rule that the players cannot pass the puck until they have taken 4 or 5 quick strides to open ice. By drive-skating with the puck the player learns to find open ice, creates space for him or herself and opens up new passing lanes. Drive-skating with the puck is fundamental for successful individual and team play, and is one of the most important good habits to teach players.

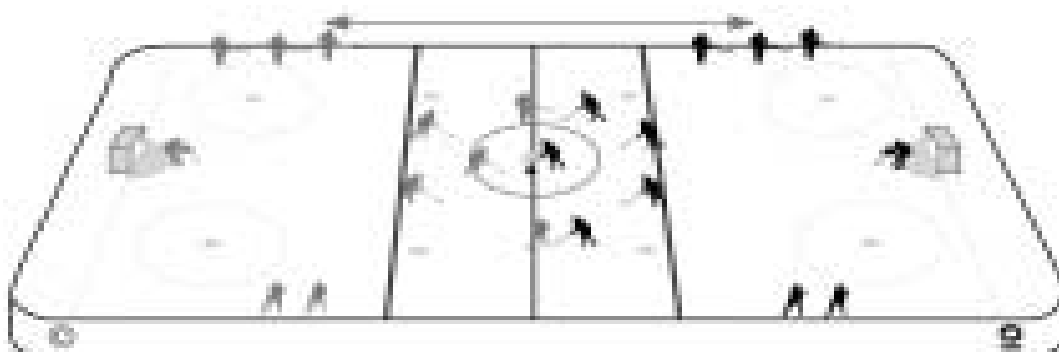


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## **D, ROLE 1: GAMES TO TEACH THE GAME**

### **QUICK HANDS AND FEET GAME**

The development of the speed of the hands is often ignored when introducing hockey skills. When playing in tight, crowded areas, both quick hands and quick feet, moving at maximum speed, are needed for the player to escape to open ice. When the hands and feet both move there is a separation of the upper and lower body motion, and this makes the player difficult to defend.



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