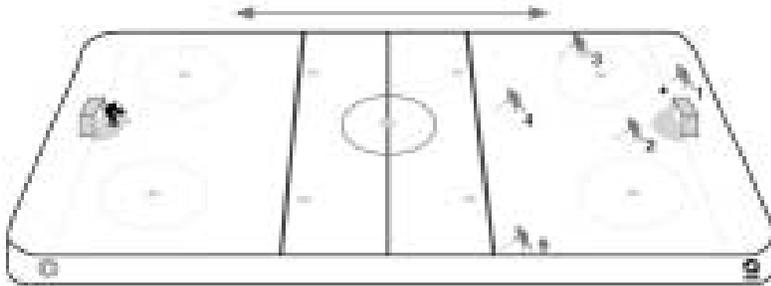


D, ORIENTATION: Learning the Game

GAMES TO INTRODUCE THE CONCEPTS OF OFFENSIVE POSITIONAL PLAY

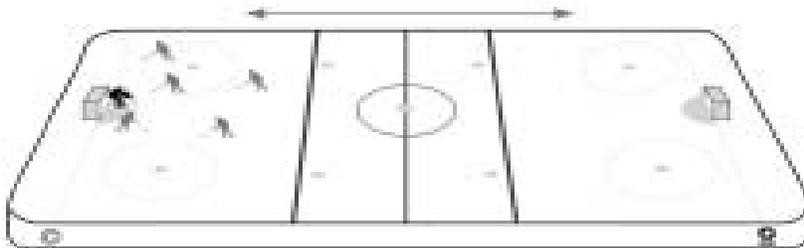
A good way to teach the importance of the positional game is to play a game with wingers staying on their side of the ice near the boards until they enter the offensive zone. The farthest they can ever go is to the middle of the ice in any zone. When they have learned to stay on their wing, then let the wing and center switch positions. Make sure that the center takes the wing's position on the boards. To make sure the defense joins the play, goals are allowed only when the entire scoring team is over the blue line.



D, ORIENTATION: Learning the Game

GAMES TO INTRODUCE THE CONCEPTS OF DEFENSIVE POSITIONAL PLAY

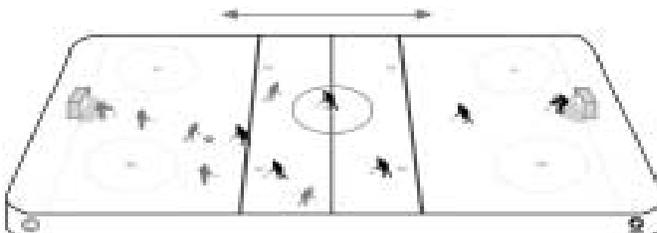
The main idea of the defensive play is to maintain the defensive side between the attacker and the net and protect the middle lane. In defensive zone coverage, make the player first funnel to the middle in front of the net and then find his/her own man. A good rule to teach defensive zone coverage is for the closest defender to go where the puck goes, and the other players play a box formation.



D, ROLE 1: Games to Teach the Game

RINGETTE WITH STICKS TURNED UPSIDE DOWN

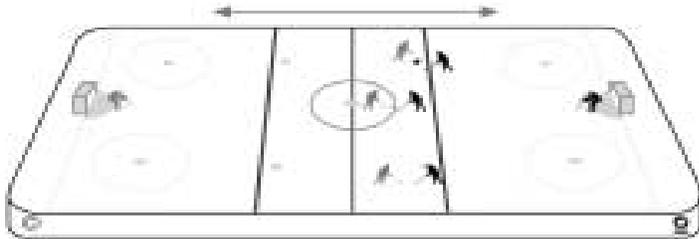
The players turn their sticks upside down and play ringette using 1 ring in a full-ice game. Shifts of 5 players are used. Goals are scored by shooting the ring into the net. Make the rule that all players must handle the ring before a goal counts. The ring is easier to carry than a puck, so the players use the edges more when skating, and have more time to find an open teammate. This is also a great game to teach angling, defensive side and checking because the ring is impossible to get if you simply stick check.



D, ROLES 3 AND 4: Games to Teach the Game

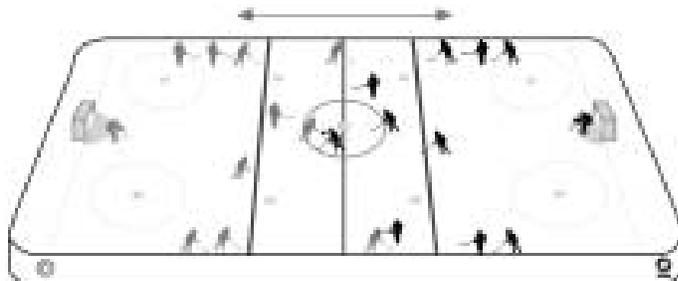
HALF-ICE GAME OF 3-ON-3 WITH THE DEFENDING TEAM SKATING BACKWARDS

In this game the entire defending team skates backwards and makes a defensive triangle in front of their net, playing as if they were killing a penalty. The idea is to play so that every player protects the middle lane facing the opponent, and stays on the defensive side between the opponent and the goal.



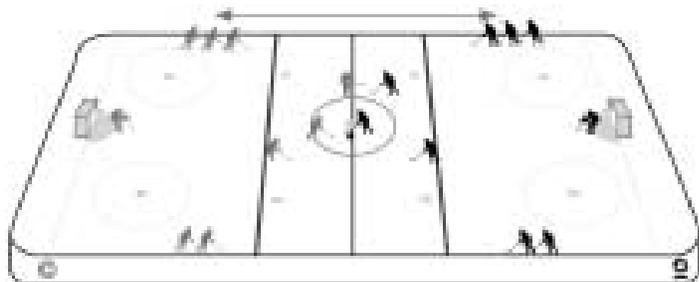
D, ORIENTATION – LEARNING AND TEACHING THE GAME

The main principle of learning is to move from simple to complex. This principle also applies when learning to play hockey. The best place to develop hockey skills is on the ice. The countries that have natural ice have a great advantage in learning to skate. In-line (roller) hockey, street and floor hockey, and all ball games, especially goal-orientated games, help the player not only to learn the game, but also how to use the techniques in the right time and the right place. The reality in most places is that the young players seldom have the luxury of an expert as a coach. This is why we promote regular and modified games as the greatest head coach and the best teacher.



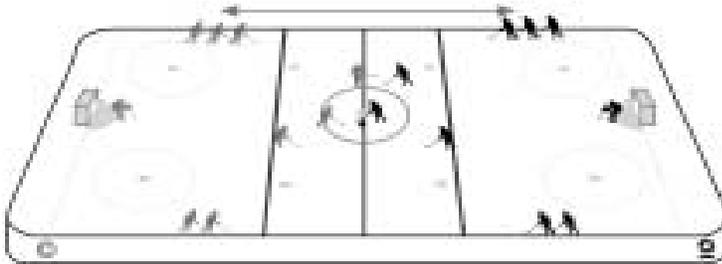
D, FULL-ICE GAME WITH 45-60 SECOND SHIFTS: Games to Teach the Game

Break team into 2 teams of 2 lines. Play full-ice with the rule that a player can only handle the puck for 3 seconds and then must pass. The coach blows the whistle and the next group of players who are lined up along the boards come on. The player with the puck should pass to the new teammate coming on.



D100, FULL-ICE GAMES – THE EXTRA PLAYERS ON THE BOARDS: Games to Teach the Game

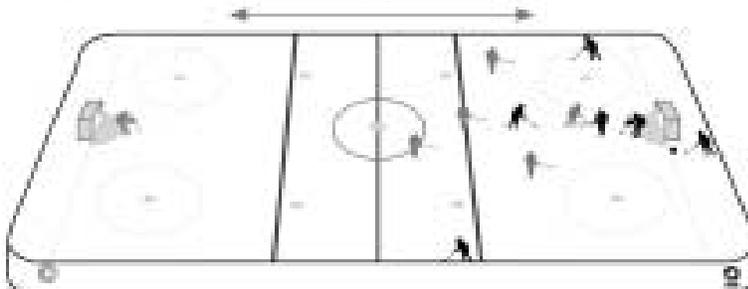
Play full-ice games of 1-on-1 to 4-on-4. The extra players are located on the boards and can either be actively playing (pass and receive) from their position or they passively wait for their turn. **For a variation,** allow a player to give and go pass with an extra player. If the play is successful he may join the play for the rest of the shift. All the players who give and go can join the play.



D, ORIENTATION: Games to Teach the Game

USING SMALL TEAMS WITH MODIFIED RULES TO LEARN TO PLAY

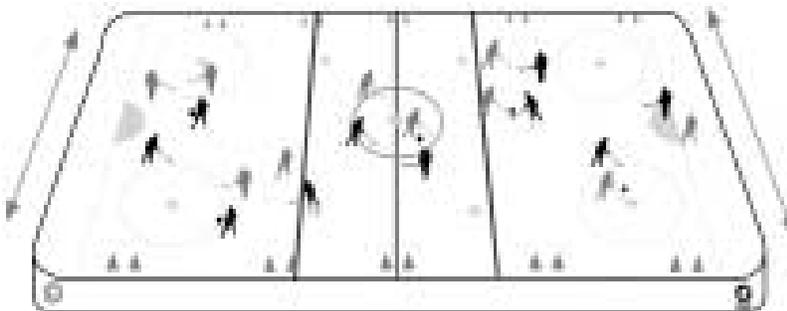
Use small teams in cross-ice, half-ice or full-ice games to learn the 4 playing roles. The extra players can go to the bench or wait on the sides where they can participate by being passed to and passing, or they can be passive and simply wait for their turn.



D, 4 PLAYING ROLES: Games to Teach the Game

GAMES TEACHING ALL 4 ROLES AND TRANSITION

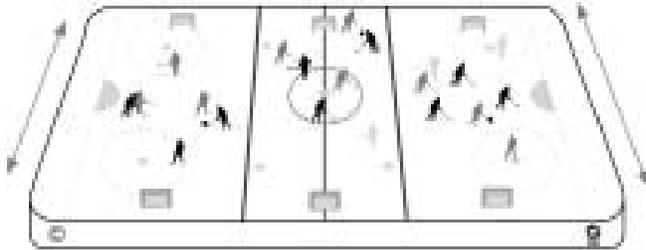
Play 5 cross-ice games of 2-on-2. All 4 playing roles are practiced in a 2-on-2 game. During this game the players continuously change their playing roles from a puck carrier (1) to offensive support (2) or closest checker (3) and to the defensive support (4). Play for 2 minutes. At the end of the game have the players leave the puck in the middle and return to their nets. Rotate the teams by moving down 1 goal and the end player going to the goal at the other end. Count the wins, ties and losses.



D, ORIENTATION: Learning the Game

THE NUMBER OF PASSES AND LEARNING THE GAME

A good way to teach the game is by defining how many passes the attacking team are required or allowed to make. Play cross-ice games and limit the number of passes that can be used by the attacking team. For example, the simple rule of not allowing return passes (the player can not pass back to the passer), or saying that only 1 pass, 2 passes, or 1 pass per zone is allowed affects the reaction of both offensive and defensive players. If only 1 pass is allowed, then the pass receiver must drive to the net (1), the defender must play a 1-on-1 (3), the supporting players can pick screen or go for rebounds (2), The other defenders cover the passing lanes and clear the front of the net (4).



D, 4 PLAYING ROLES: Games to Teach the Game

PLAYING A GAME WHERE THERE MUST BE AT LEAST 2 PASSES BEFORE A GOAL COUNTS:

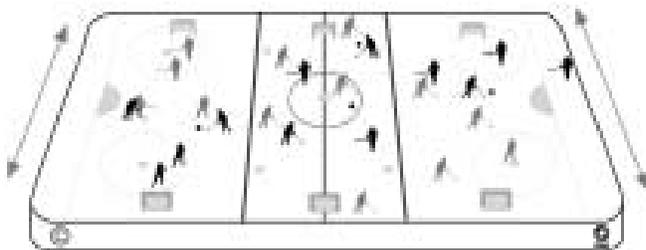
There must be at least 2 passes before a goal counts. This teaches on-ice awareness, offensive support and passing skills. On defense, 1 player should check the puck carrier, the other player should cover the pass receiver, both from the defensive side. This practices the final 2 playing roles.



D. 3. ROLE 1: Playing Skills

GAME WITH THE PUCK CARRIER TAKING AT LEAST 4 OR 5 QUICK STRIDES TO OPEN ICE BEFORE PASSING

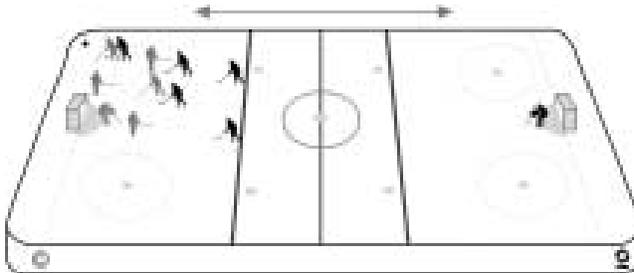
Game with at least 1 pass, but the puck carrier must take 4 or 5 quick strides to open ice before passing or shooting. **This is the most important habit the puck carrier can have. When you skate hard to open ice it gives time and space to make the next play.**



D, ROLE 1: Playing Skills

GAME WITH WRIST PASSING ONLY

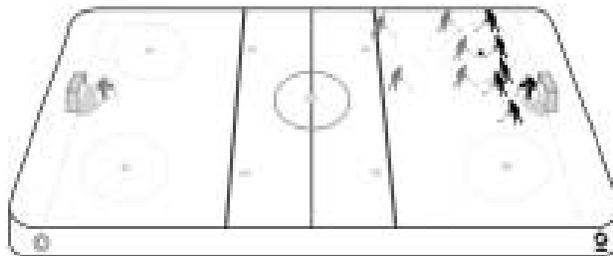
Wrist passes are more deceptive and easier to control than slap passes. Teach wrist passing by playing a full-, cross- or half-ice game where only backhand or forehand wrist passes are allowed. If a slap pass is made the other team gets the puck.



D, ROLES 2 AND 4: Playing Skills

FACEOFFS

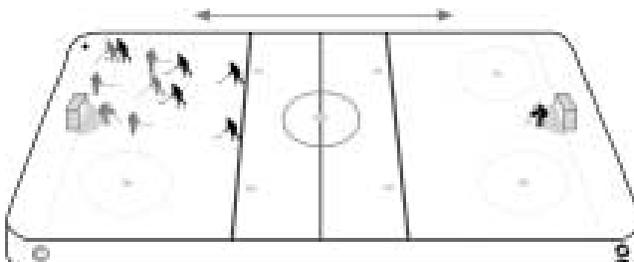
In a controlled scrimmage, have faceoffs in all areas and teach offensive and defensive positioning and coverage. A general rule is that you always protect the middle first, and usually wings cover defensemen, center covers the center and defensemen cover wings. Picks, screens and stunting can also be practiced.



D, ROLE 1: Playing Skills

GAMES STRESSING WINNING LOOSE PUCKS IN THE OFFENSIVE ZONE

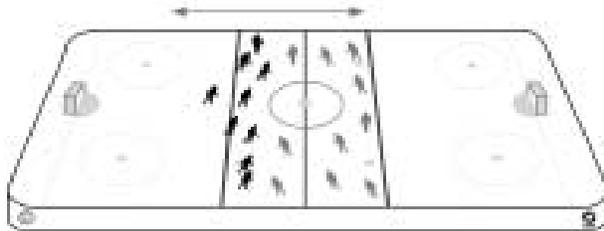
The closest player must go after "loose pucks" as quickly as possible. The other players support according to their distance from the puck. To create these loose puck situations during a scrimmage, dump the puck in from the neutral zone and forecheck.



D, ROLES 1 AND 3: Basic Skills - BODYCHECKING

GETTING USED TO BODY CONTACT

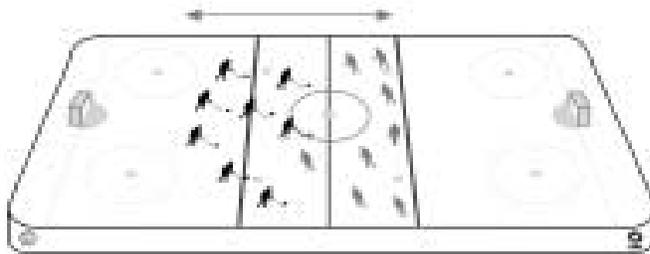
Play a game without sticks, similar to British Bulldog. 1 team skates through the other team, waiting in the neutral zone, that tries to block them from crossing the blue line. Take turns playing defense.



D, ROLES 1 AND 3: Basic Skills - BODYCHECKING

GETTING USED TO BODY CONTACT WHILE CARRYING A PUCK

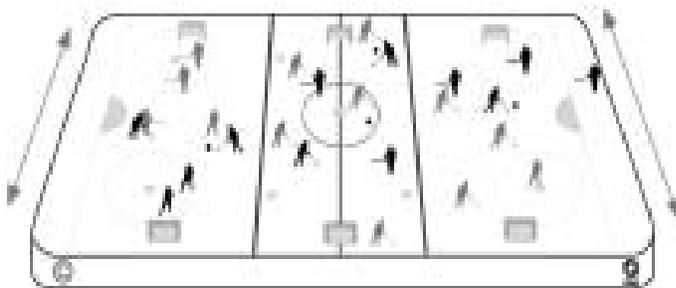
Have a contest between 2 teams. 1 team waits in the neutral zone without sticks. The other team tries to stickhandle through the neutral zone without getting bodychecked. Allow only legal checks.



D, ROLES 1 AND 2: Playing Skills - Escape Moves

PASSING WHILE SKATING BACKWARD:

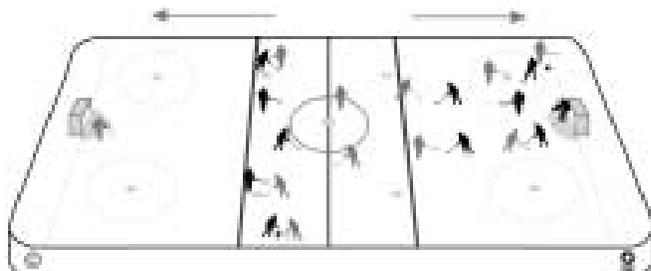
Play a half-ice game or a game of keep-away where the puck carrier must skate backwards before passing. This practices protecting the puck, keeping the feet moving and pivoting. If you watch Sydney Crosby, this is one of his favorite moves. The puck carrier now sees 270 instead of 90 degrees. It also gives the passer more time and space to make a play.



D, ROLES 1 AND 2: Playing Skills - Escape Moves

PASSING AFTER MAKING A TIGHT TURN

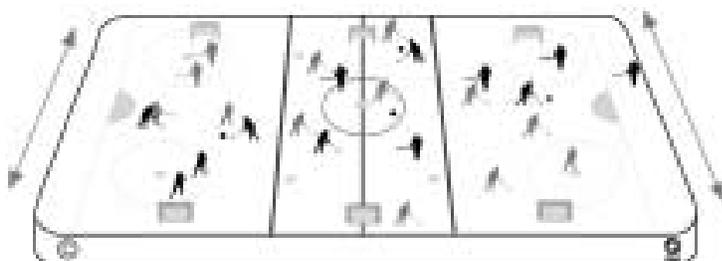
Play a cross-, half- or full-ice game or a game of keep-away where the puck carrier must make a tight turn before passing or shooting. This practices skate fakes, protecting the puck, keeping the feet moving and pivoting. After the players get used to this move they may make either a full or a half pivot. This allows them to read the defensive pressure and adjust.



D, ROLES 1 AND 2: Learning the Game

“GIVE-AND-GO” GAME

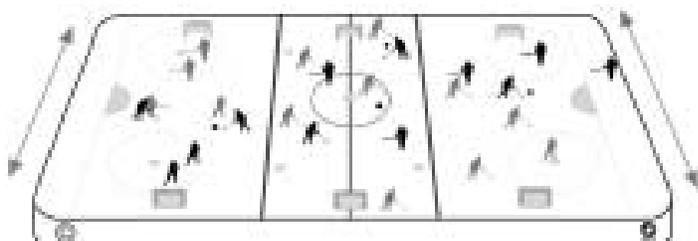
The first pass receiver must return the puck to the passer, who can then pass to another player, who must now give-and-go. This game teaches players to support by following their pass. The give-and-go is the foundation of team play, so the player must learn to pass and break to open ice.



D, ROLES 1 AND 2: Learning the Game

“GAME WITH NO “GIVE-AND-GO”

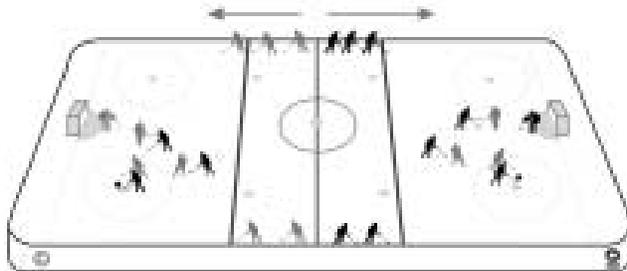
Game of 3-on-3 and more. The pass receiver cannot return the pass but must find another open player. This promotes support and split vision. Most players can see the teammates in front and to the side of them, but only the better players see the late players joining the play.



D, ROLES 1 AND 2: Playing Skills

ONE-TIMER SCORING GAME

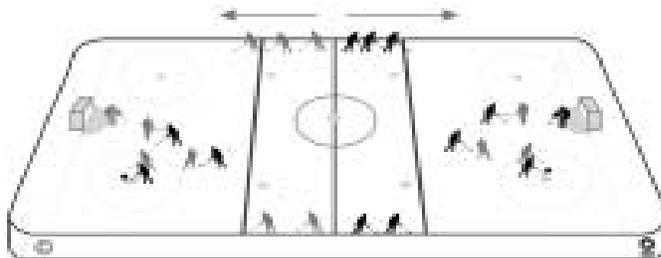
Playing a cross-ice (D2) or half-ice game (D4) with the rule that goals only count if they are scored using a one-timer shot. Players must always face the puck and get into good shooting position before the pass comes. As players advance to higher levels there is less and less time and space to make plays. They have to be able to shoot quickly and hit the net.



D, ROLES 1 AND 2: Playing Skills

GAME WITH SWITCHING POSITIONS

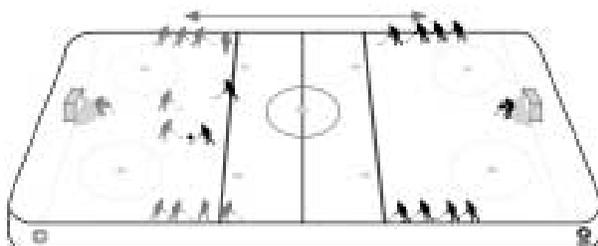
Play a cross-ice (D2) or half-ice (D4) game. The rule in the game is that the offensive team must cross in front of the defenders at least once before scoring. This encourages the attackers to follow their pass, isolate the widest man and try to create a 2-on-1 situation. The defenders must talk to each other after they have decided whether to switch or keep playing the same attacker.



D, ALL PLAYING ROLES: Learning the Game

2-ON-2 FULL ICE PASSING-EACH ZONE GAME

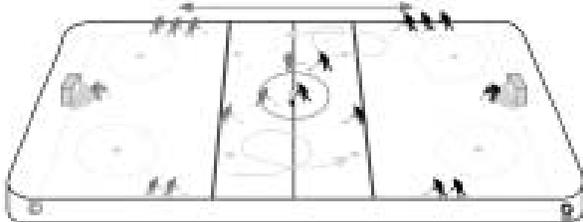
Play a full-ice 2-on-2 game passing the puck once in each zone. If the puck is gained in the neutral zone the players have to pass 2 times, if in offensive zone 1 time. After shooting in or taking a shot, 1 pass game is played.



D, ALL PLAYING ROLES: Learning the Game

2-ON-2 REGROUPING GAME

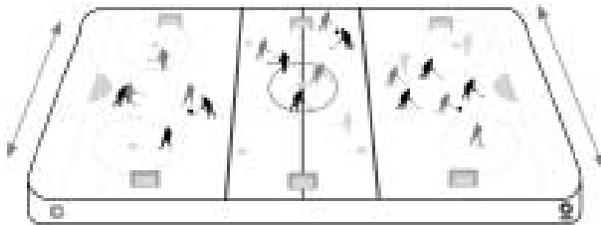
A full-ice 2-on-2, 3-on-3 game in which the teams must regroup at least once before entering the offensive zone. This game works on close support and the breakout reads. It also teaches the players to maintain puck control. The rule is, **“Don’t give the puck away; they have to take it from you.”**



D. ROLE 3: Learning the Game

GAME STRESSING IMMEDIATE PRESSURE BY THE CLOSEST DEFENDER

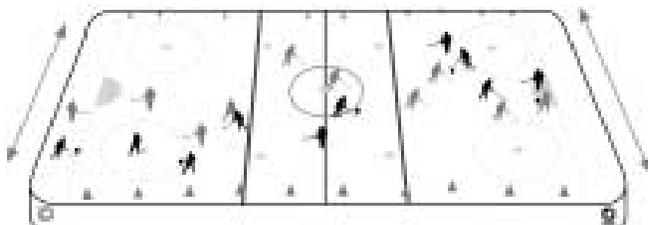
In a small-area game, stress that the closest defenseman pressures the puck carrier. It is important to get immediate pressure on the puck from the inside out. This delays the attack, deflects it wide and hurries the puck carrier into making mistakes. Deep in the zone the defender must quickly close the gap and make contact. If the defender is not in good control of the puck, and if the offensive player has good control, then maintain the defensive side by stopping and going back while staying on the defensive side.



D. ROLE 3: Learning the Game

GAME OF 1-ON-1 STRESSING THE DEFENSIVE SIDE

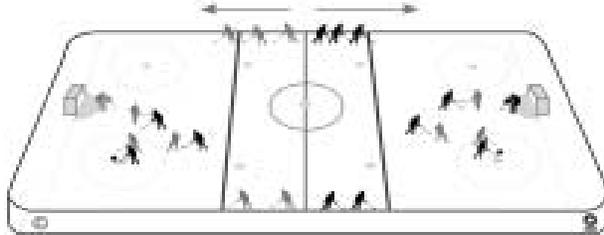
The players play a full-, half -or cross-ice game, but the defender learns that he or she knows where the puck carrier is going – to the net. The coach teaches the defender to always stay between the puck carrier and the defender’s goal. This is the first step in teaching good defensive technique. When backchecking the defender must keep the attacker on the outside, to stay on the defensive side.



D, ROLES 3 AND 4: Learning the Game

GAME WITH STICKS UPSIDE DOWN IN THE DEFENSIVE ZONE

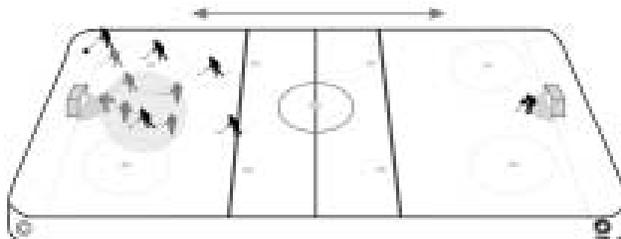
A good teaching technique is to practice defense while holding the sticks upside down in the defensive zone. This helps the players to focus on staying between their check and the net, with their shoulders square to the puck carrier. They must stop and start, and learn to always play the body deep in their own zone. The coach can blow the whistle and signal that the sticks may be held properly, and the other team can defend with their sticks upside down.



D, ROLES 3 AND 4: Learning the Game

DEFENDING THE SLOT

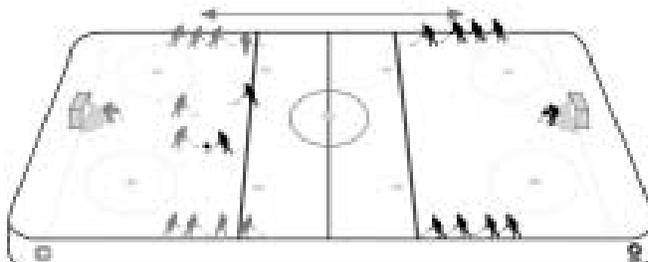
Play a full-ice game of 2-on-2, 3-on-3, 4-on-4, 5-on-5, with shifts of 30 to 60 seconds. The main principle of defending is simple. It is to control the slot area in front of your goal. Concentrate on determining who is covering each attacker by the red line and deflect the puck out of the middle lane. All players maintain defensive-side body position and keep sticks in the passing lanes.



D, ROLES 3 AND 4: Learning the Game

COMING BACK DEEP IN A FULL-ICE GAME OF 2-ON-2 OR 3-3

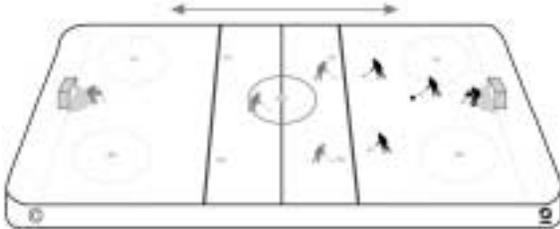
The coach emphasizes that the closest checker gives immediate pressure on the puck carrier and deflects the attack from the middle. The second player in the zone supports from the front of the net. The third player covers the point and picks up the attacking third player if he joins the play deep in the zone. It is important for the defenders to stay with their checks and not chase the puck.



D, ALL PLAYING ROLES: Learning the Game

2-ON-2, 3-ON-3, LEAVING THE ZONE AFTER THE PUCK GAME

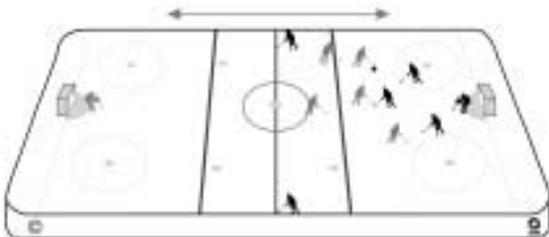
In this game the puck must go out of the zone before any of the players who are breaking out. This game causes the offensive unit to play compactly and allows short breakout passes. In a turnover situation the defending team has the whole unit in a good position to defend.



D, ORIENTATION: Learning the Game

LEARNING THE PLAYING ROLES IN 3 ZONES

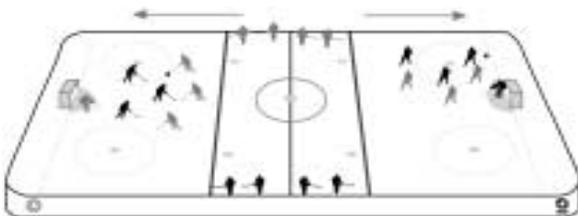
To teach the player roles in all 3 zones, play a full-ice game of 5-on-5 but leave various numbers of players in the neutral zone. To create a 5-on-4, 1 player on the defending team stays outside of the blue line in the neutral zone. If 2 defending players stay then it would be a 5-on-3. If 1 from each team it is a 4-on-4; 2 from the defending team and 1 from the attacking team is a 4-on-3. Pass the puck up to the player in the neutral zone, then the play goes the other way with the same number of players waiting in the neutral zone.



D, ORIENTATION: Learning the Game

PLAYING ON 1 GOAL

Play a half-ice 1-on-1, 2-on-2, 3-on-3, 4-on-4, 5-on-5 or any odd-numbered situation to practice the 4 player roles, the rules and transition from offence to defense. The unit that gains the puck either plays the puck to neutral zone to a new unit, or they must carry the puck and all players get onside before entering the zone again. The other option is to have the attacking team pass twice before they can score. All of these rules give sufficient time for the opponent to regroup for defense.



D, ROLES 1, 2 AND 3: Learning the Game

HALF-ICE TRANSITION GAME OF 1-ON-1 THEN 1-ON-2

Part One:

1 offensive player attacks 1-on-1 versus a defender. A backchecker follows the play from the boards and gives defensive support from a few meters away on the defensive side, (a).

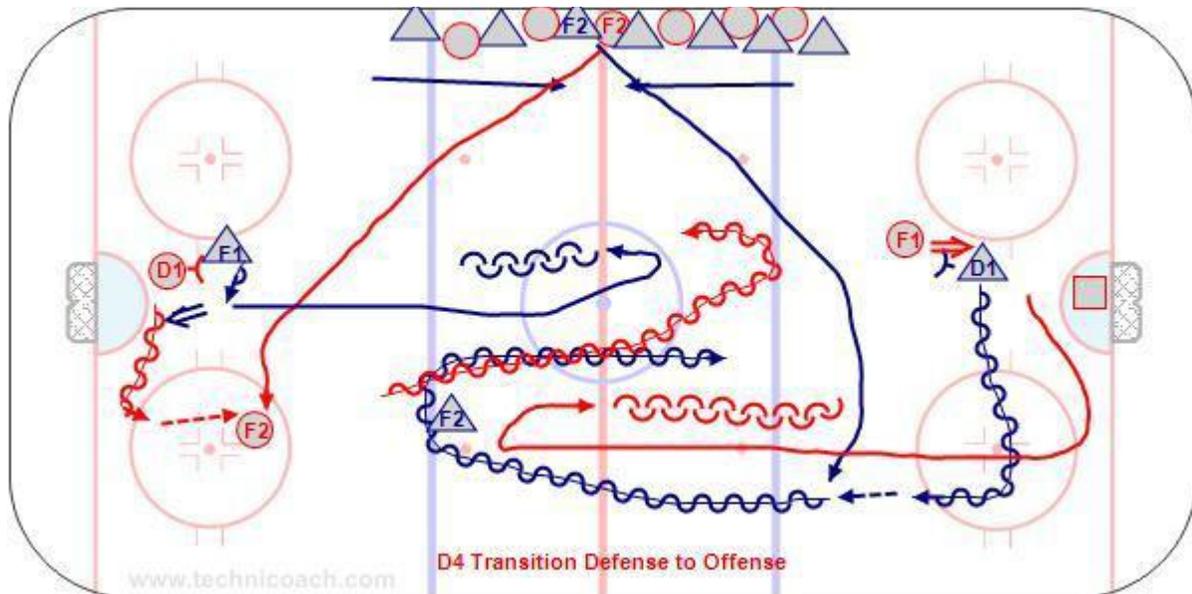
Part Two:

When the defense regains the puck the backchecker skates to the red line and turns back, trying to score on a new defender who has skated from the lineup on the boards, and plays a defensive 1-on-1, (b).

To work on all 4 roles, you can do this as a 2-on-2 with 2 defenders supporting and then going on offense versus the original attackers.

Variation:

To enable the defender to get into the neutral zone, the original backchecker skates to the far blue line before turning back to attack.



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