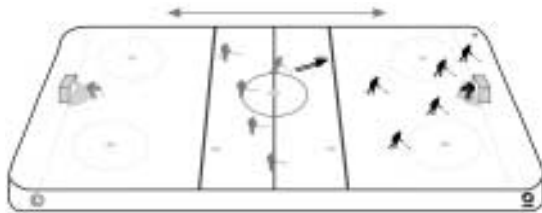


## Learning the Game Using Games

### D, ALL 4 ROLES: Learning the Game

#### CHANGE ON FLY

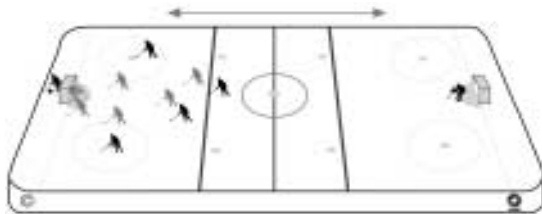
Practice changing lines on the fly. When a new line goes out they defend, attack, defend, shoot the puck into the corner farthest from their bench. If they have trouble getting the puck out on the first rush, then dump the puck in on first rush and change.



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

#### OFFENSIVE POSSESSION BEHIND THE OPPONENT'S NET

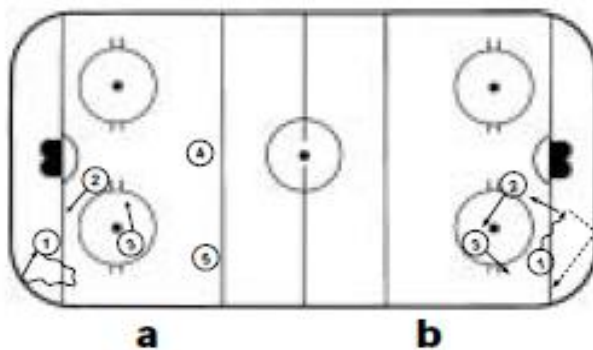
When the puck is behind the opponent's net number 2 and 3 should move toward the faceoff dots where it is hard for defenders to cover, or they can screen the defensemen. An offensive defenseman can move into the slot for a pass.



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

#### GAME WITH CYCLING IN THE OFFENSIVE CORNER

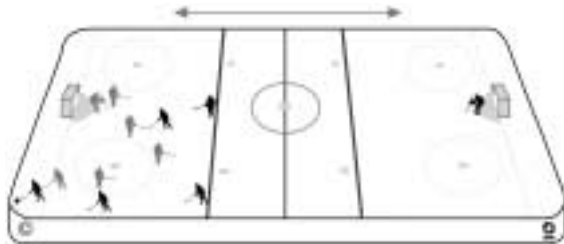
To create space from the corner the puck carrier (1) skates up the boards, if he or she is pressured, pass back to the corner and the player in front of the net (2) gets the puck. The original passer (1) skates to the high slot and becomes number 3. Number 3 goes to the front of the net and replaces number 2, **(a)**. Rotate the other way if the first pass is made away from the net, **(b)**.



## D, ROLE 3: Learning the Game

### GAME PRACTICING DEFENDING THE PLAY OUT OF THE CORNER

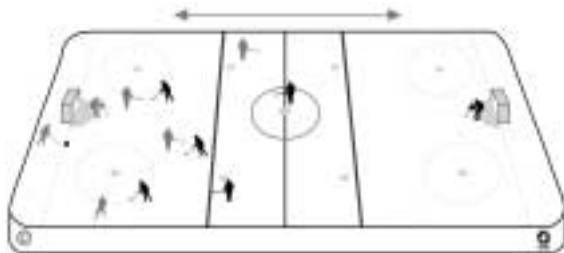
In this game the rule is that goals only count if they are started by plays originating from the offensive corners. The closest player defends the attack out of the corner. If he or she reads that the opponent is not in full control of the puck, or has his or her back to the play, the defender should play the body by wrapping the stick around on the puck and keep the free hand on the back hip.



## D, ROLES 3 AND 4: Learning the Game

### ALL 5 HAVE THE PUCK IN FRONT OF THEM

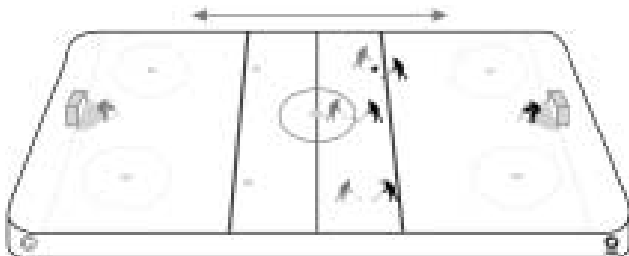
This is the strongest defensive position to be in as no one is trapped behind the play. This is a passive forechecking style that allows the offense to turn the puck up ice, deflect the puck to an outside lane and outnumber the attackers. Whenever the puck is above the circles in the defensive zone it must be cleared over the blue line. When pressured high in the offensive zone, dump the puck into the corner or behind the net. It is a safe play to make when only high-risk offensive options are available to the puck carrier.



## D, ROLES 3 AND 4: Learning the Game

### DEFENSIVE ZONE COVERAGE

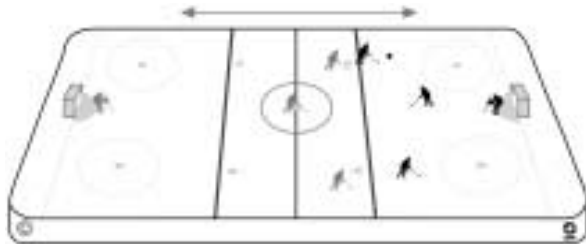
Play a 2-on-2, 3-on-3, 4-on-4 or 5-on-5 game focusing on defensive coverage. • The defending players stay between the puck and the goal, force the puck wide, finish checks, cover their checks, and create immediate pressure on the puck from inside to outside. All players have a 1-on-1 responsibility in their own zone. If a defender loses a 1-on-1, then the supporting player defends a 1-on-2. He doesn't chase the puck and leave his player uncovered.



## **D, ROLES 1 AND 2: Learning the Game**

### **REGROUPING**

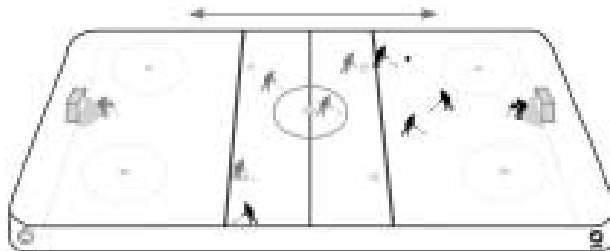
Play a 3-on-3 or 4-on-4 game and have the offensive team turn back and regroup in the neutral zone at least once before crossing the offensive blue line. This game practices puck control, offensive support and not giving away the puck. Many times the defenders slow down or stop. This creates big gaps of which the attackers can take advantage.



## **D, ROLES 1 AND 2: Learning the Game**

### **REGROUPING WITH A STRETCH MAN**

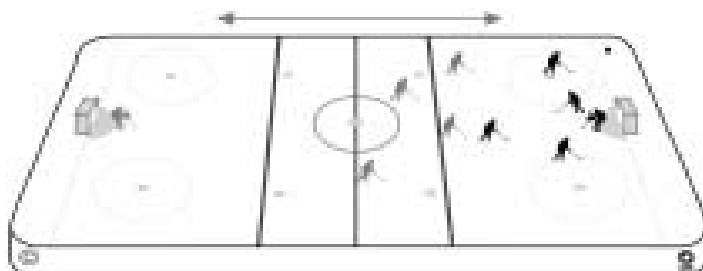
Play a 3-on-3 or 4-on-4 game. Have the offensive team turn back and regroup in the neutral zone at least once before crossing the offensive blue line. All but 1 player should come back to regroup. 1 player stays high and stretches the opponent's defense.



## **D, ROLES 1 AND 2: Learning the Game**

### **FULL-ICE SHOOT-IN GAME**

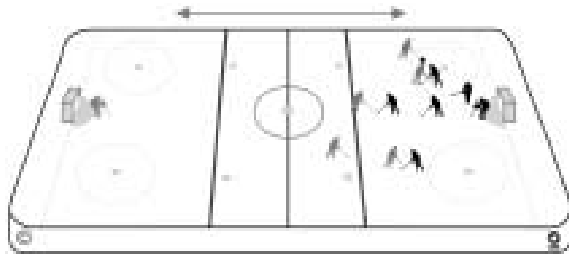
Play a full-ice game of 3-on-3 or 4-on-4 and practice the forecheck by dumping the puck into the offensive zone after crossing the red line. After the shoot-in a maximum of 2 passes are allowed before taking a shot.



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

### GAME WITH NO PASSING ALLOWED IN THE OFFENSIVE ZONE

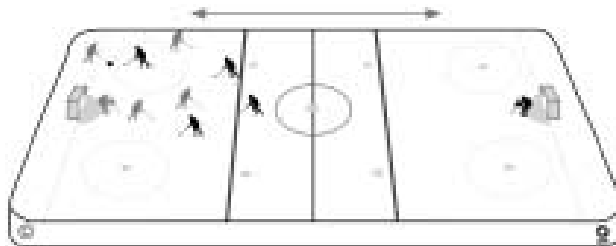
The player is not allowed to pass but must try to score after crossing the offensive blue line. This game is designed to work on going to the net. It also forces the defenders to stay on the defensive side and work on controlling players driving to the net. The supporting offensive players should pick, screen and go for rebounds.



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

### 4-ON-4 FULL-ICE PASSING ON EACH ZONE GAME

Play a full-ice 4-on-4 game with the rule that there must be 1 pass in each zone. If the puck is gained in the neutral zone the players have to pass twice, if in the offensive zone once. After shooting in or shot 1 pass game is played.



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

### FULL-ICE 4-ON-4 WITH A CONTINUOUS 2-ON-2, 2 PLAYERS OF BOTH TEAMS WAITING IN THE NEUTRAL ZONE

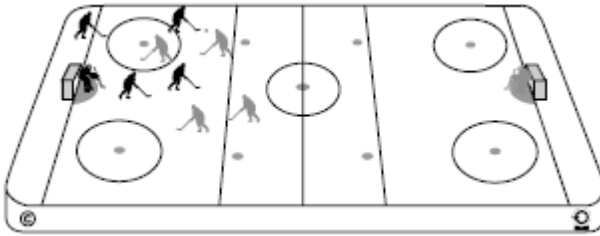
Start with 4-on-4 game. When the puck is over the blue line 2 players from each team wait in the neutral zone. Once the defending team gains the puck, they pass the puck to the neutral zone and the other 2-on-2 is played toward the other goal. The original defenders and attackers follow to the neutral zone and go in the other direction when they get a pass. Time the shifts, or have the players in the neutral zone change on the go after they have attacked and defended once.



## **D, ROLES 1 AND 2: Learning the Game**

### **FULL-ICE GAME LEAVING THE DEFENSIVE ZONE AFTER THE PUCK**

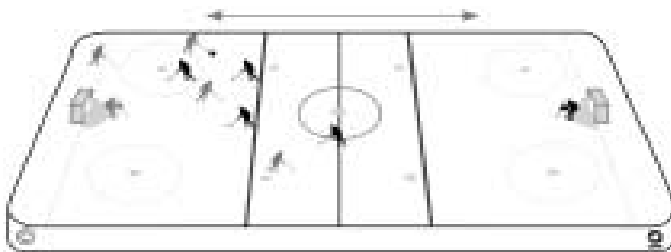
Play a full-ice 3-on-3 or 4-on-4 game with the rule that the attacking players cannot leave their zone until the puck is over the blue line. This rule forces the players to come back deep and save ice, support the puck and not leave their defensive zone too early.



## **D, ROLES 1 AND 2: Learning the Game**

### **FULL-ICE GAME, 1 PLAYER LEAVING THE DEFENSIVE ZONE BEFORE THE PUCK**

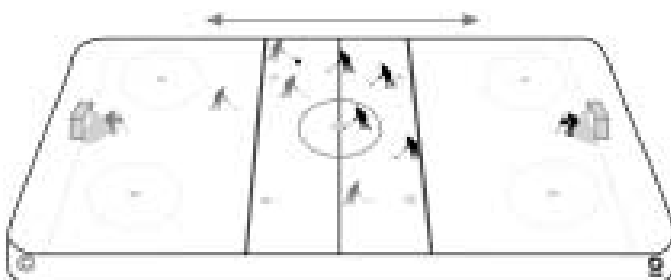
To create depth in the attack, play a full-ice 3-on-3 or 4-on-4 game with the rule that the farthest player from the puck can leave the zone before the puck is over the blue line. This stretch man must only go if he sees that the puck carrier has complete control and will have time to look up the ice.



## **D, ROLES 1 AND 2: Learning the Game**

### **FULL-ICE WITH NO PASSING UNTIL YOU HAVE GAINED A ZONE**

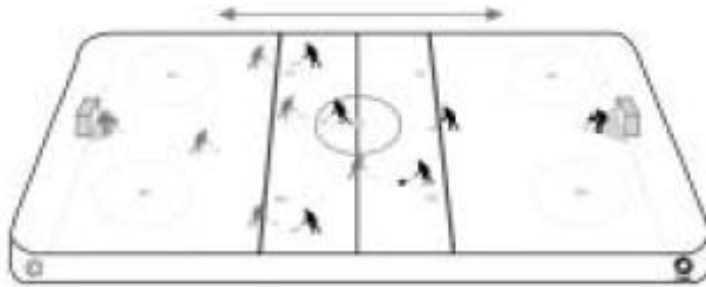
Play a full-ice 3-on-3 or 4-on-4 game with the rule that the player cannot pass until he or she has gained a zone. This forces the puck carrier to drive-skate to open ice with the puck and practice his or her moves. 1 pass is allowed in the offensive zone.



## **D, ROLES 1 AND 2: Learning the Game**

### **ALL THE PLAYERS HAVE TO TOUCH THE PUCK BEFORE SCORING**

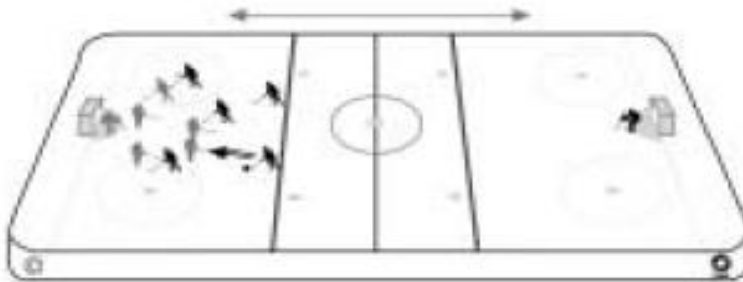
Play a full-ice game of 3-on-3 or 4-on-4 in which all the players have to touch the puck before scoring. This game practices passing and receiving skills and creates the need for close support, requiring the puck carrier to look around for teammates who must be passed to before a shot can be taken.



## **D, ROLES 1 AND 2: Learning the Game**

### **ALL GOALS MUST BE STARTED BY PLAYS FROM THE DEFENCEMEN**

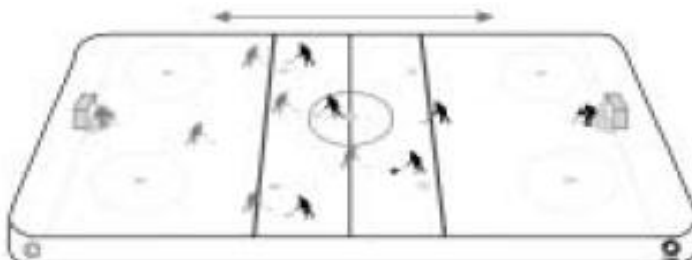
Play a half- or full-ice game and only allow goals scored where the original shot or shot pass is from the point. This encourages the unit to be compact when attacking and the defense to support the play. The forwards must screen and fight for rebounds. The defense should drag the puck inside the dots before shooting. It also creates a situation where the backcheckers must cover the points.



## **D, ROLES 1 AND 2: Learning the Game**

### **GAME THAT TEACHES CLOSE SUPPORT**

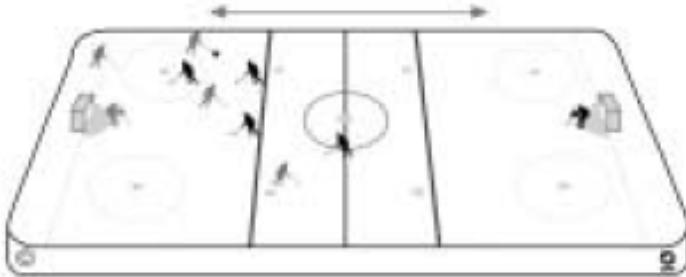
Play a full-, cross- or half-ice game but only allow 2 or 3 stick touches, or 1 or 2 seconds with the puck before passing or shooting. This helps the players to develop split vision and teaches them to look around before they get the puck. It also forces everyone to support the puck carrier. • Add the rule that only one-timer shots can be used. This requires that the shooter is ready before the puck gets there.



## **D, ROLES 1 AND 2: Learning the Game**

### **PASSING TO THE CLOSEST TEAMMATE**

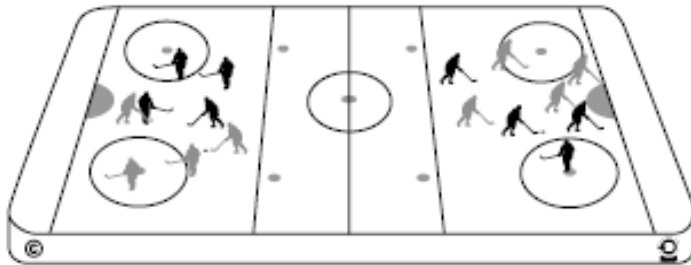
The player with the puck must pass to his or her closest teammate. This causes players to come back to the puck or support the puck carrier more closely. It also practices making the easy play.



## **D, ROLES 1 AND 2: Learning the Game**

### **GAME WITH 7 TO 10 CONSECUTIVE PASSES IN 1 ZONE**

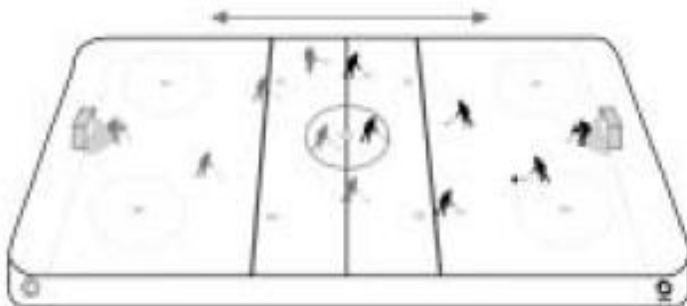
Points are given to the teams of maximum 4 players, playing a half-ice game (D4), that can make 7 to 10 consecutive passes. At a more advanced level no return passes are allowed. • Designate what type of pass must be used, e.g., backhand.



## **D, ROLES 1 AND 2: Learning the Game**

### **PLAYING A PUCK-CONTROL GAME**

To develop a flow-type of team offense, play games that concentrate on puck control. In this scrimmage the point is not to score until all players have handled the puck in the offensive zone, while the players interchange positions following the principles of offense, using width, depth and support at all times. This game teaches the players to read the play and move into open lanes and supporting positions.



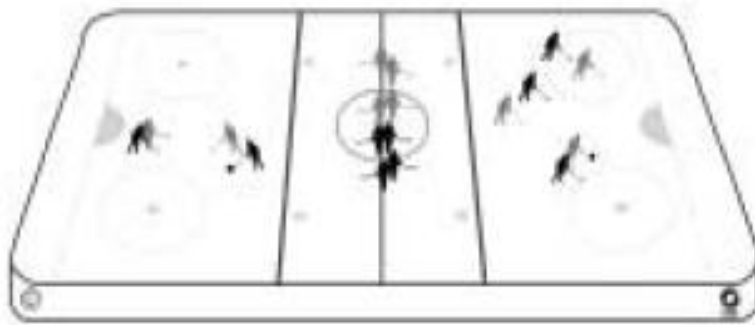
## D, ROLES 1 AND 2: Learning the Game

### PUCK-CONTROL GAMES 1-ON-1, 2-ON-2, 3-ON-3 KEEP-AWAY IN HALF OF THE RINK

To develop a flow-type of team offense, play keepaway games that concentrate on puck control. The game is played as a half-ice game with no net. Start 1-on-1 for 30 seconds. The puck carrier has to keep the puck away from the opponent by keeping his feet moving, making tight turns and protecting the puck. After all the players have had 1 turn, play 2-on-2 and then 3-on-3.

- Play 2-on-2 or 3-on-3 keep-away games with all the players active and use these rules:

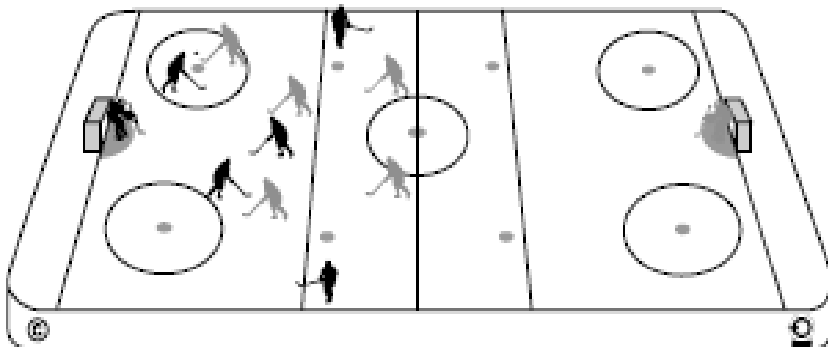
1. Hold the stick with only 1 hand.
2. Hands close together at the top of the stick and legs wide apart.
3. Players can only use a certain kind of pass, e.g., saucer pass.



## D, ROLES 1 AND 2: Orientation

### PRACTICE GAME SITUATIONS BY HAVING PLAYERS WAIT IN THE NEUTRAL ZONE

In order to create the various situations that happen in a hockey game, play 5-on-5 and have players wait in the neutral zone. For example is: practice 3-on-3 at 1 end and 2-on-2 at the other end by having the last 2 backcheckers and the attacking defensemen wait for the puck in the neutral zone. The other 3 players on each team play 3-on-3 inside the blue line. When the forwards get a clearing pass from their teammates, who just defended in the 2-on-2 situation, they attack the other net 2-on-2 and the players who played the 3-on-3 wait in the neutral zone or are replaced by new players. This game can have time shifts or new players rotate in and wait in the neutral zone after they have attacked and defended once. The coach can use this method to create even or odd-numbered situations, i.e., continuous 3-on-2 or 2-on-3.

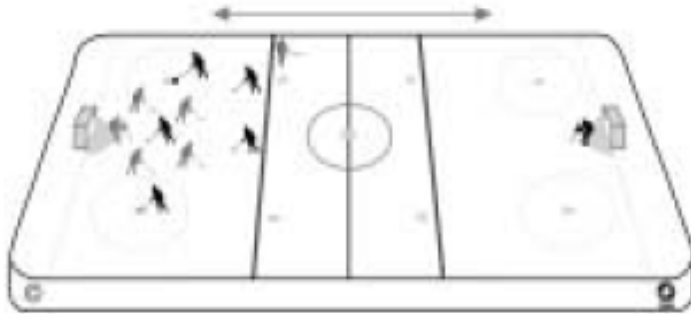




### **D, Roles 1-2-3-4: Four Game Playing Roles**

#### **POWER-PLAY AND SPECIALITY TEAMS: HALF-ICE 5-ON-5, 5-ON-4 WITH 1 PLAYER IN NEUTRAL ZONE**

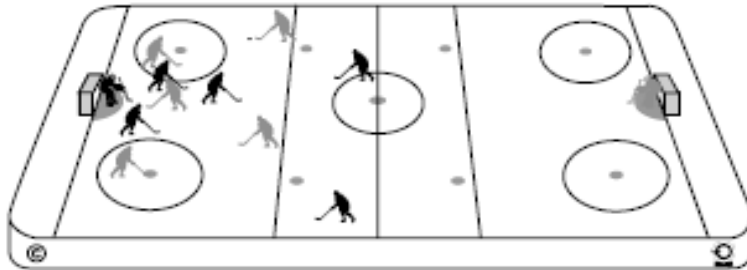
To practice the power play and penalty killing, play a game of 5-on-5 but leave 1 player on the defending team in the neutral zone. Alternate who waits in the neutral zone so all players learn to kill penalties.



### **D, Roles 1-2-3-4: Four Game Playing Roles**

#### **HALF-ICE 5-ON-5, 5-ON-3 WITH 2 PLAYERS IN NEUTRAL ZONE**

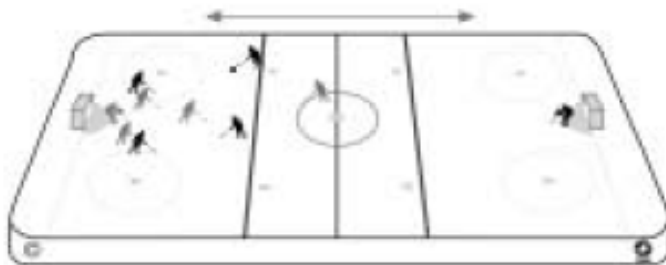
To practice the power play and penalty killing, play a game of 5-on-5 but leave 2 players on the defending team in the neutral zone. Alternate who waits in the neutral zone so all players learn to kill penalties. If your team uses 2 defensemen when 2 men short, then 2 forwards stay outside of the zone. If 2 forwards are used on the kill, then 1 forward and 1 defenseman wait in the neutral zone.



### **D, Roles 1-2-3-4: Four Game Playing Roles**

#### **HALF-ICE 4-ON-4, 4-ON-3 WITH 1 PLAYER IN NEUTRAL ZONE**

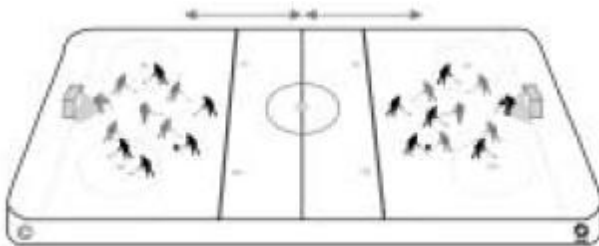
To practice the power play and penalty killing, play a game of 4-on-4 but leave 1 player on the defending team in the neutral zone. Alternate who waits in the neutral zone so all players learn to kill penalties. If your team uses 2 defensemen when 2 men short, then 1 forward stays outside of the zone. If 2 forwards are used on the kill, then 1 defenseman waits in the neutral zone. 1 player on the defending team stays in the neutral zone. This allows 2 units to work on power play and penalty killing. Alternate who waits in the neutral zone so all players learn to kill penalties.



## D, Roles 3 and 4

### DEFENDING THE SLOT WITH A PASSIVE BOX AND 1

- Play a game inside the blue line. The defensive team stands in the slot area in a 2-1-2 formation. They are in a tight box with 1 forward in the middle. The defenders are only allowed to take 1 stride.
- If the puck is coming out of the corner the defenseman takes 1 step toward the puck and the forward in the middle fills the corner of the box. The weak-side forward sags into the slot and the strong-side forward collapses down 1 stride.
- The offensive team can do anything it wants to score. The defenders keep their sticks in the passing lanes, play the body, control the attackers' sticks in the slot and fight for rebounds. Have the same thing going on at both ends. The offense gets 1 minute to score, then switch and allow the defense to attack.
- The main principle of defending is simple; it is to control the slot area in front of your goal.
- When teaching defensive zone coverage the coach should show the players where to skate back to in order to protect the slot area.
- Defend from inside out, always staying between the opponent and the net. As the puck gets closer to the goal more man-to-man coverage is used on players without the puck. The slot area is where the defenders skate to on defense, trying to force the puck to the outside and up the boards. (Bob Murdoch)



## D, Roles 3 and 4

### ONE-THIRD ICE GAME WITH AGGRESSIVE 2-1-2 DEFENSE

The defense sets up in a tight box with 1 forward in the middle. The description of the 1 checker pressure and a box behind follows:

- The offense starts with the puck at the blue line.
- The closest defensive player pressures the puck from the inside out and makes contact with the attacker.
- When the defender does this the middle forward rotates to his or her place at the puck-side corner of the box and all the defenders move to the strong (puck) side of the ice. Deep in the zone, usually 1 defenseman checks the puck carrier; 1 defenseman covers the attacker in front of the net; the first backchecker backs up the defender in the corner; the second backchecker covers the mid slot and weak-side point and the last backchecker covers the strong-side point. If the first forward back is checking the puck carrier, then the strong-side defenseman is in a low support position.
- The remaining 4 players have sticks in the passing lanes and are on the defensive side of the offensive players.
- When pressuring the puck the defender skates in straight lines and always finishes checks. The middle forward supports the 2-on-1 attack from the inside of the box, always in a position to maintain the defensive side of the check while supporting the first checker. When the play goes to another area the closest player forces the play in the same way. All players are responsible to cover 1 attacker and defend a 2-on-1 if a teammate is beaten.
- If the defenders maintain this tight box and create immediate pressure by the closest defender on the attackers, they will be able to control the slot area in front of their net. (Bob Murdoch)



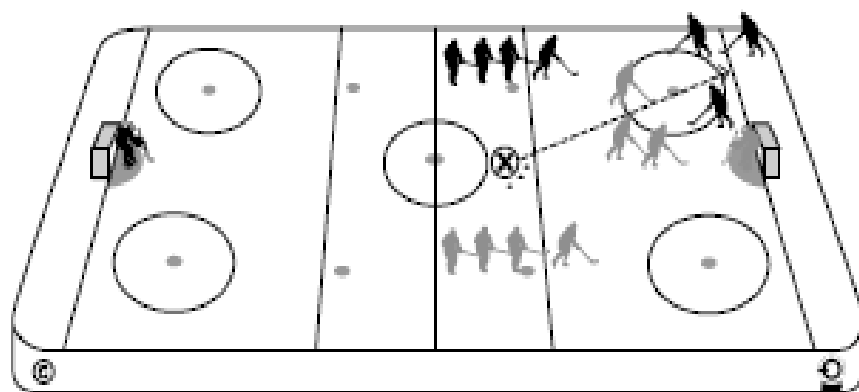
#### **D4, Roles 1-2-3-4**

##### **A GAME BATTLING FOR LOOSE PUCKS**

The D4 game is played in 1 zone. The players from each team line up behind the faceoff dot just outside of the blue line. The coach stands with pucks just outside of the blue line, in the middle of the rink. The first player in line on each team moves forward just inside the blue line and plays the point. On the whistle, 1, 2 or 3 players from each team; or varying numbers of players, up to 3 from each team, go after a puck that is shot into the zone by the coach. The active players can pass to the pointman who must shoot or pass, but can't skate deep into the zone or on the other half of the ice.

When the defending team gets the puck they have to pass to their point before they can attack. Play shifts of 30-60 seconds, then blow the whistle and shoot in another puck.

(Art Krusel)



**D4**