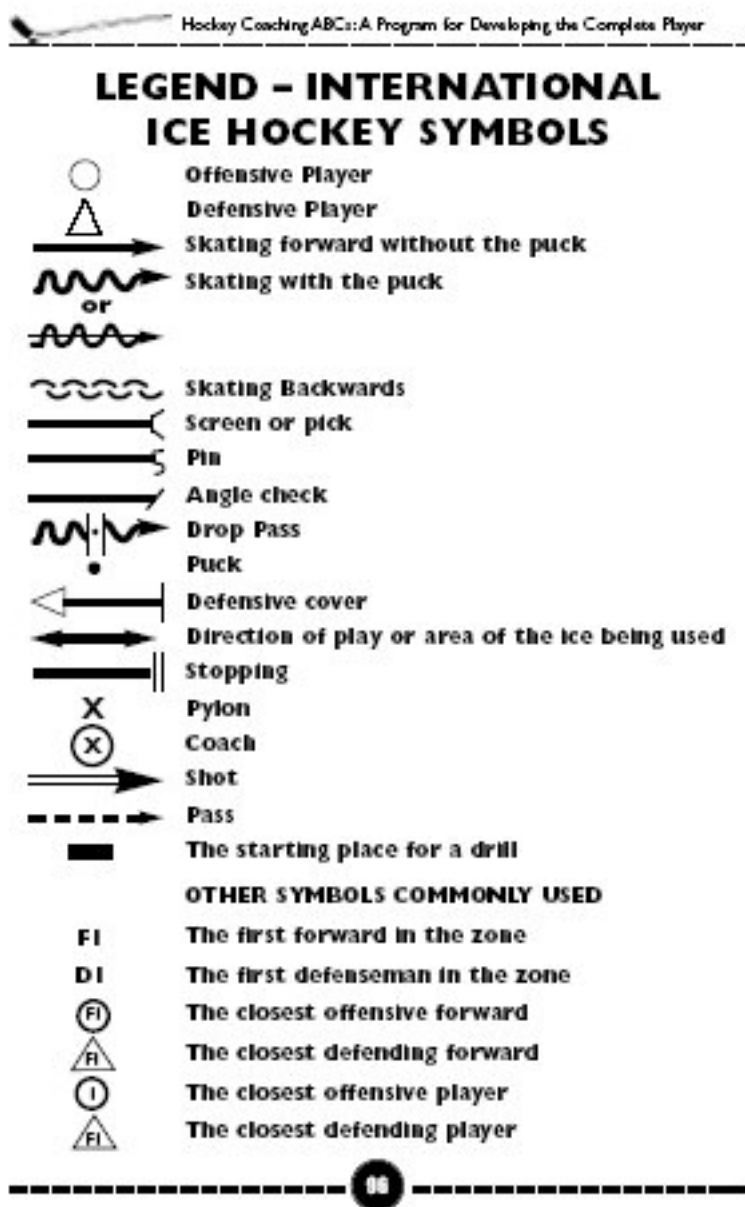


Half Ice Practice:

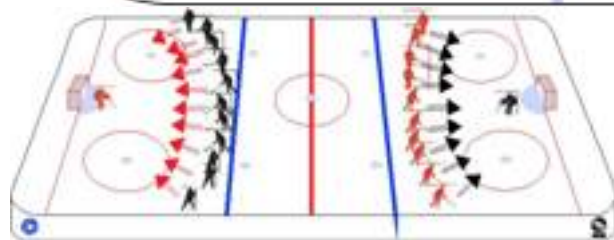
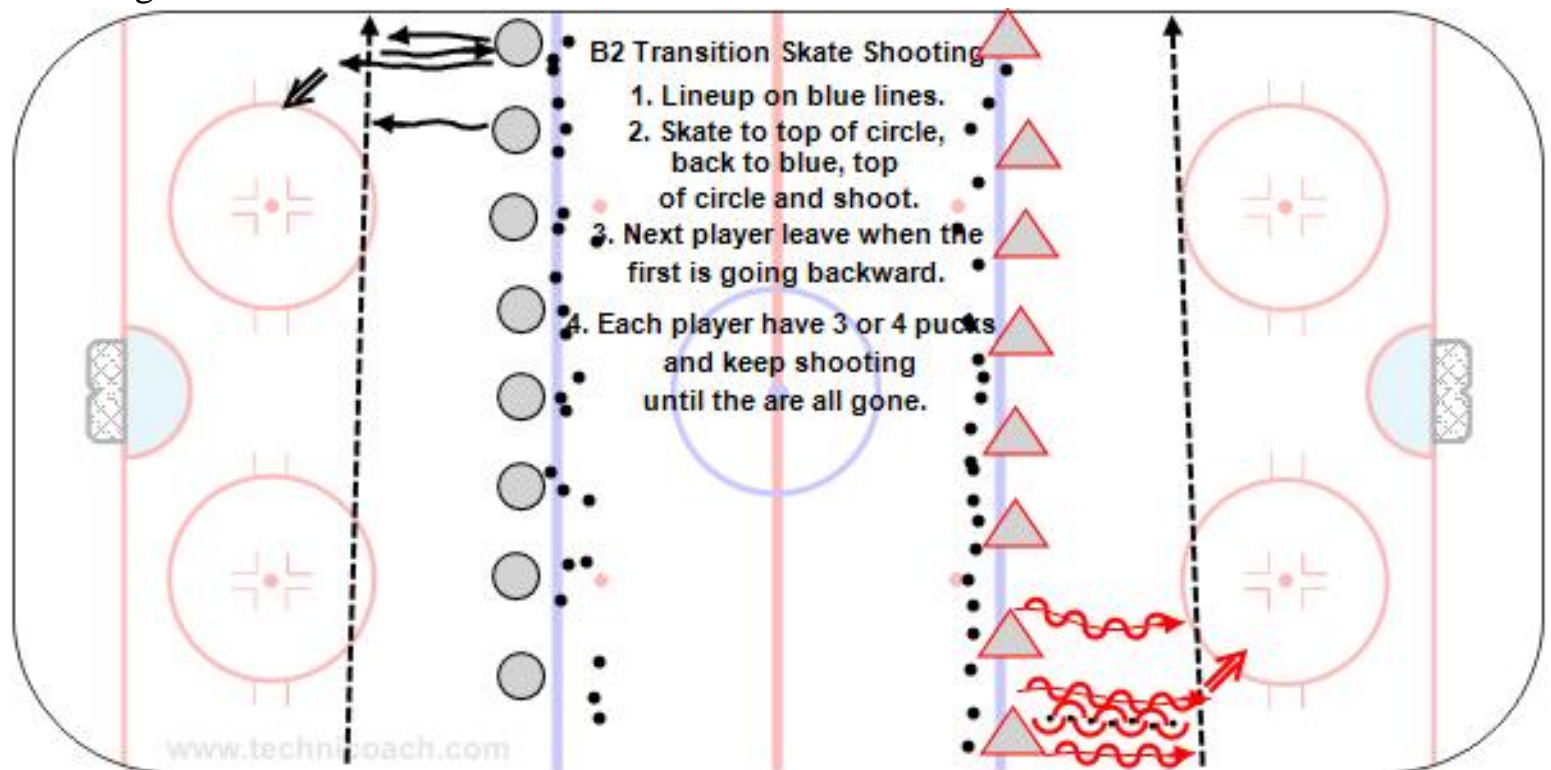
Some half ice ideas to teach hockey skills, team play and games for skill and transition games to teach the game.

International Coaching Symbols:



Individual Offensive Skills

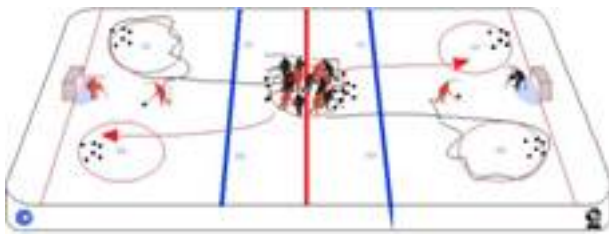
Shooting



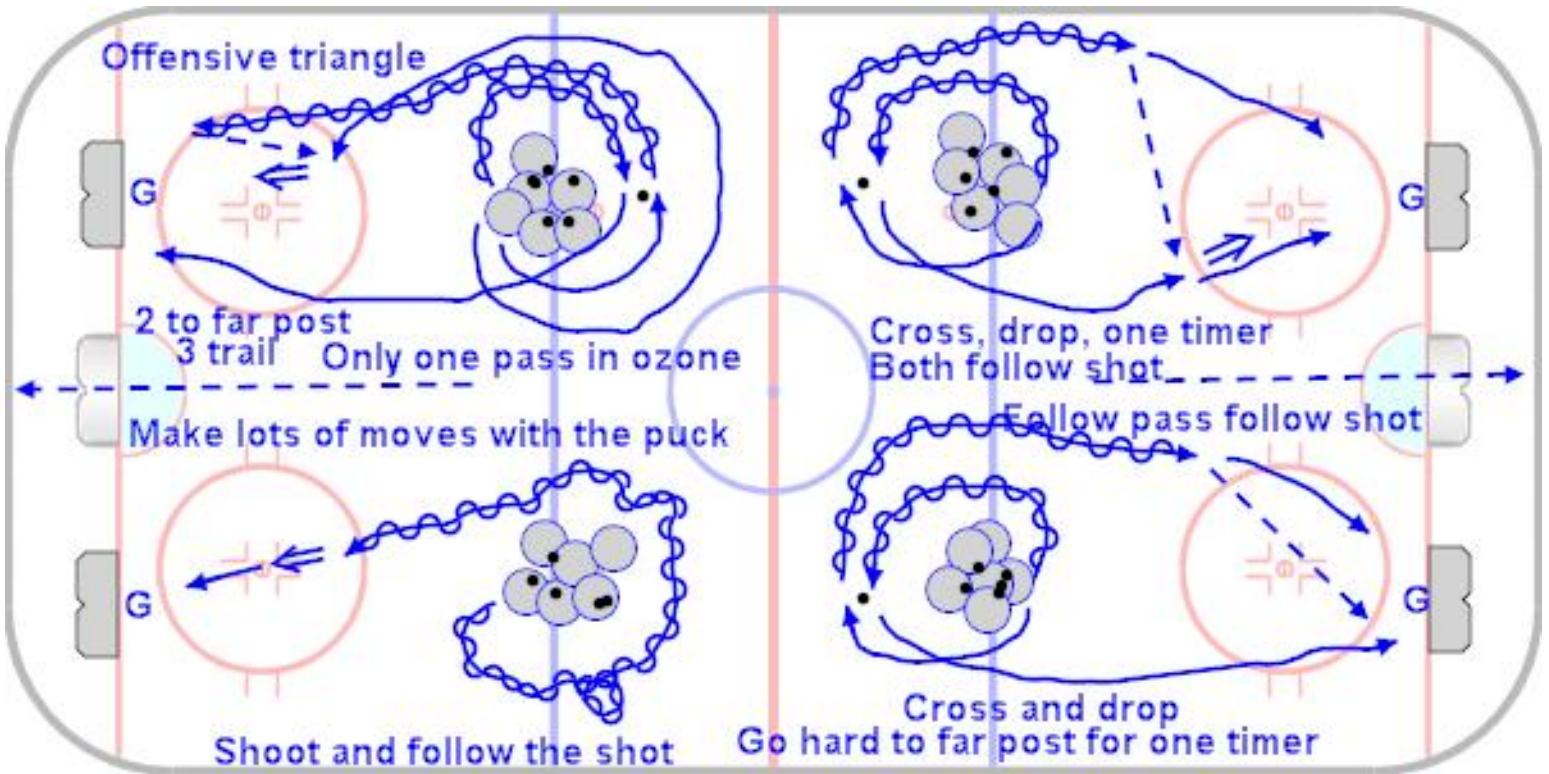
Passing



Passing and shooting



Variations on one net

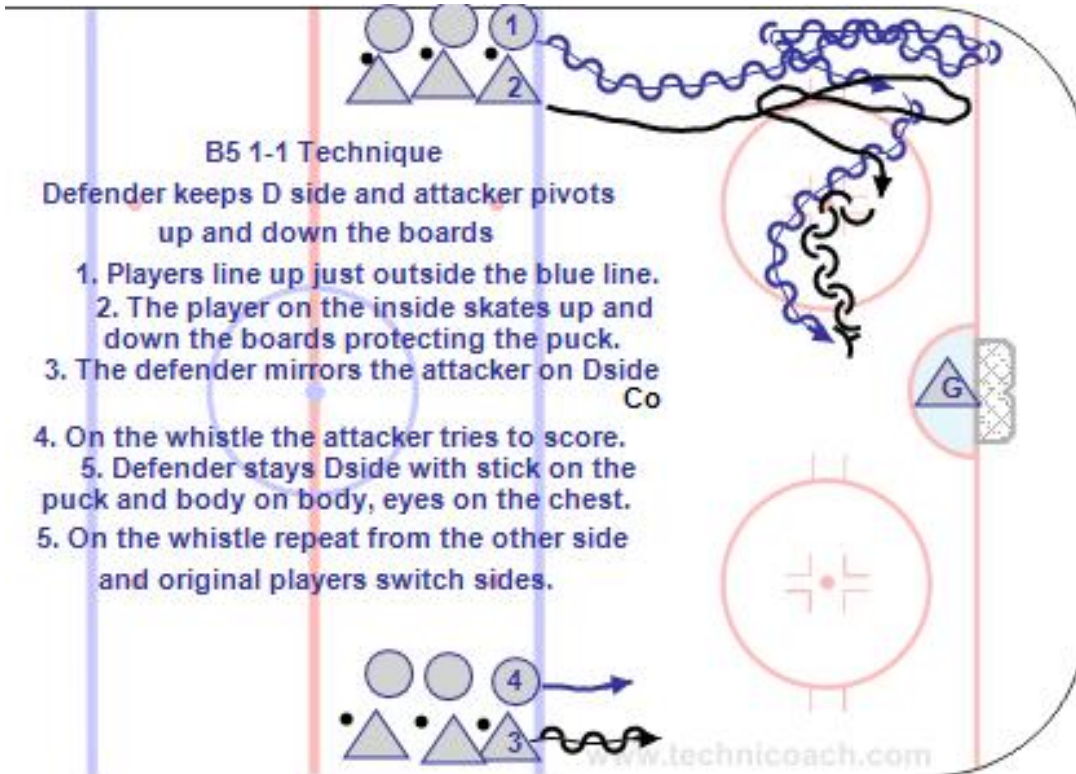


Out of the corner

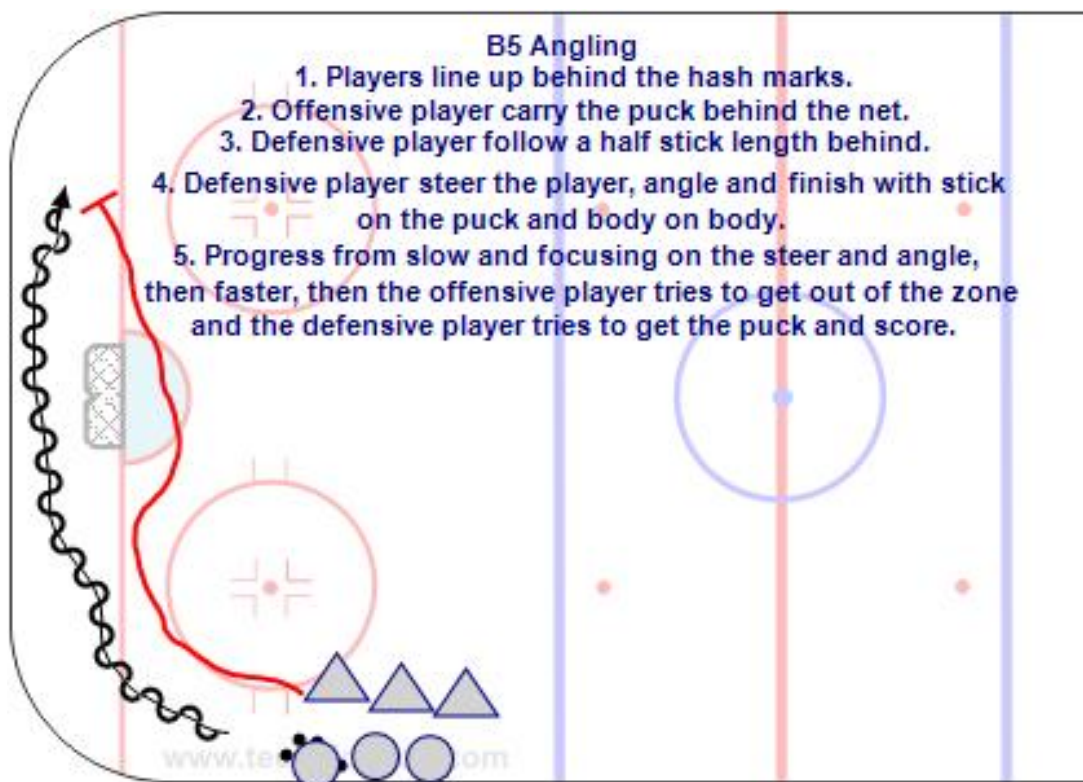


Individual Defensive Skills:

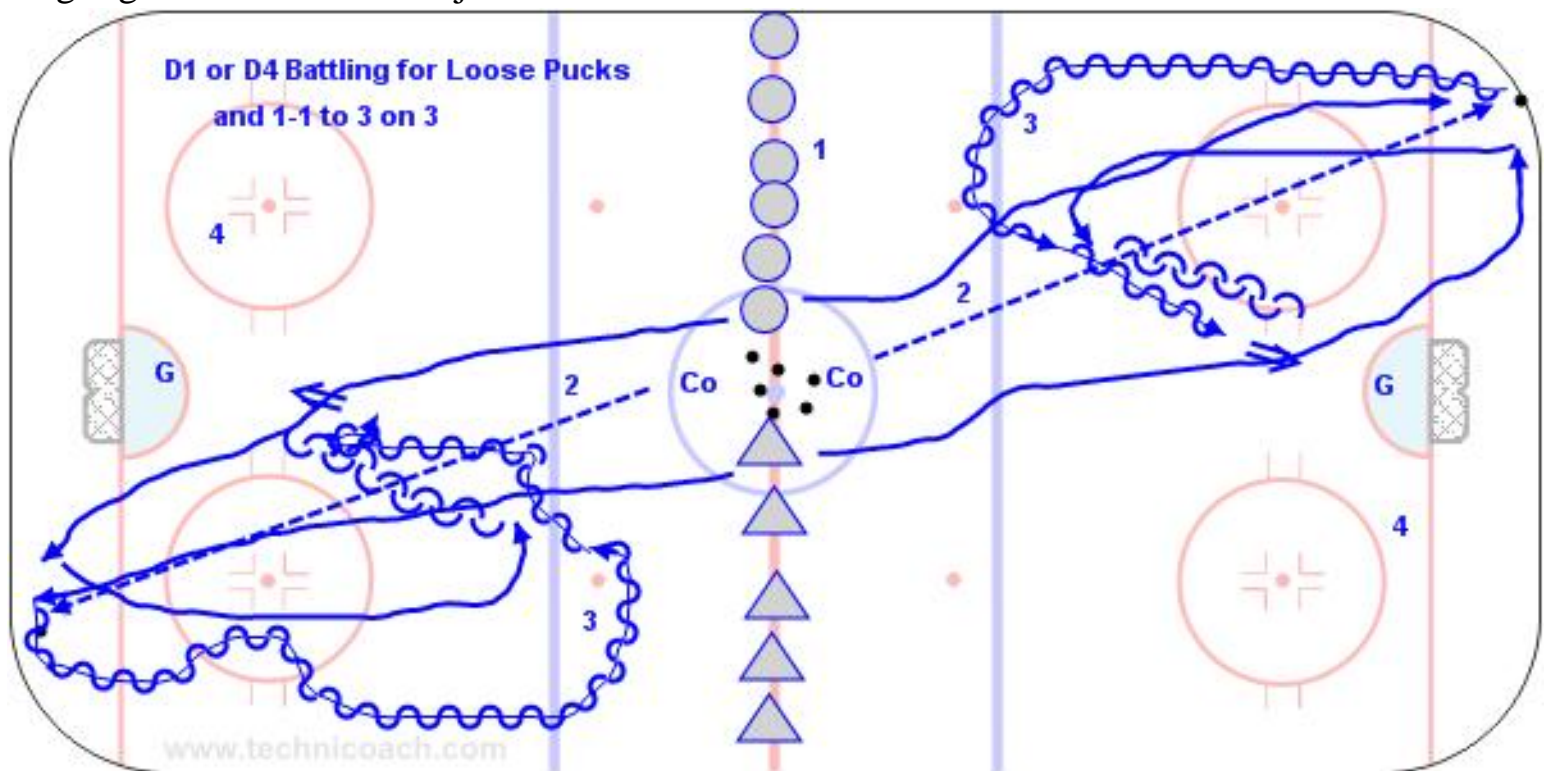
Mirroring and stick on the puck



Angling Practice



Angling drill – can be done just at one end

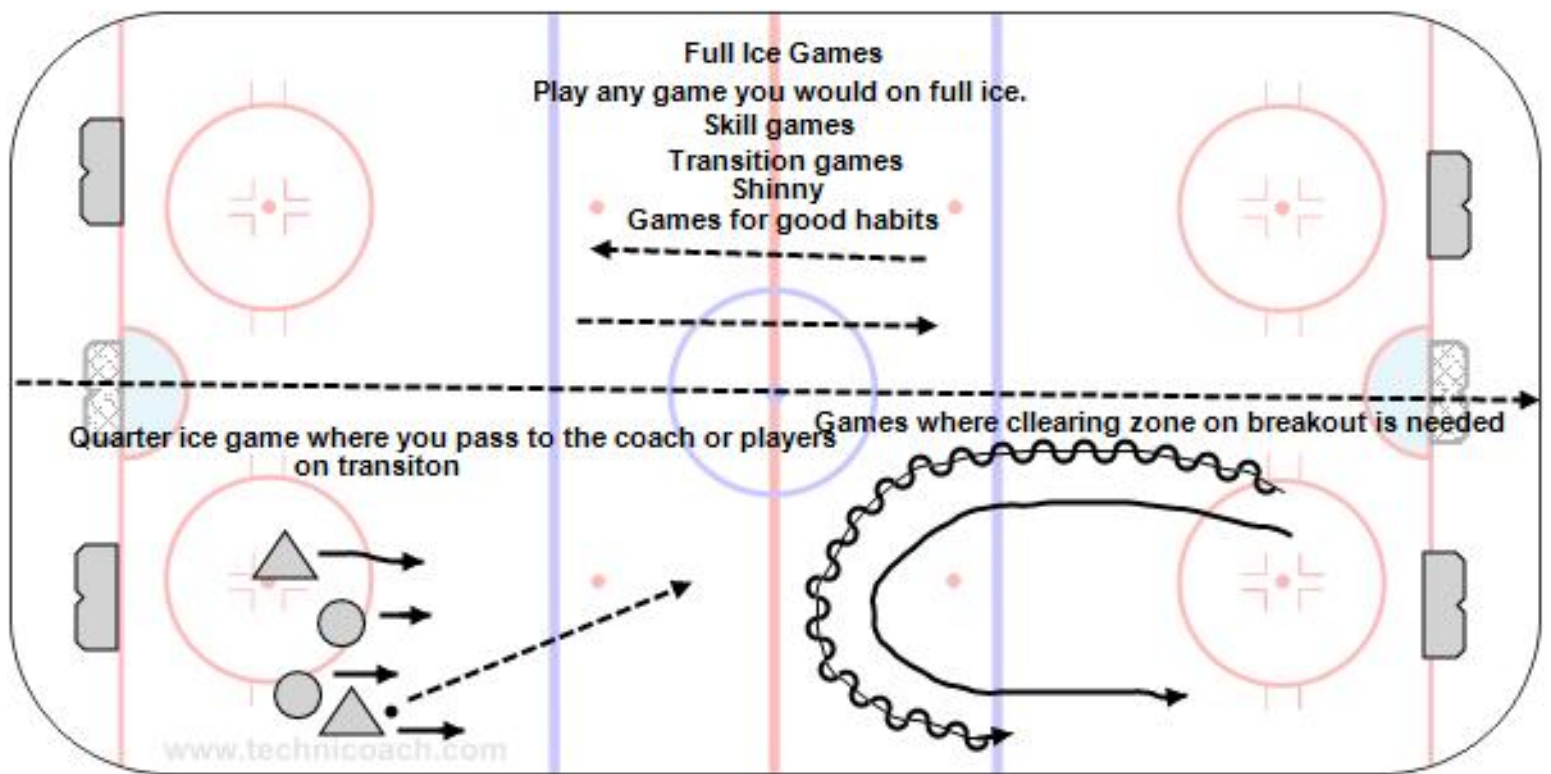


1 on 1 out of the corner

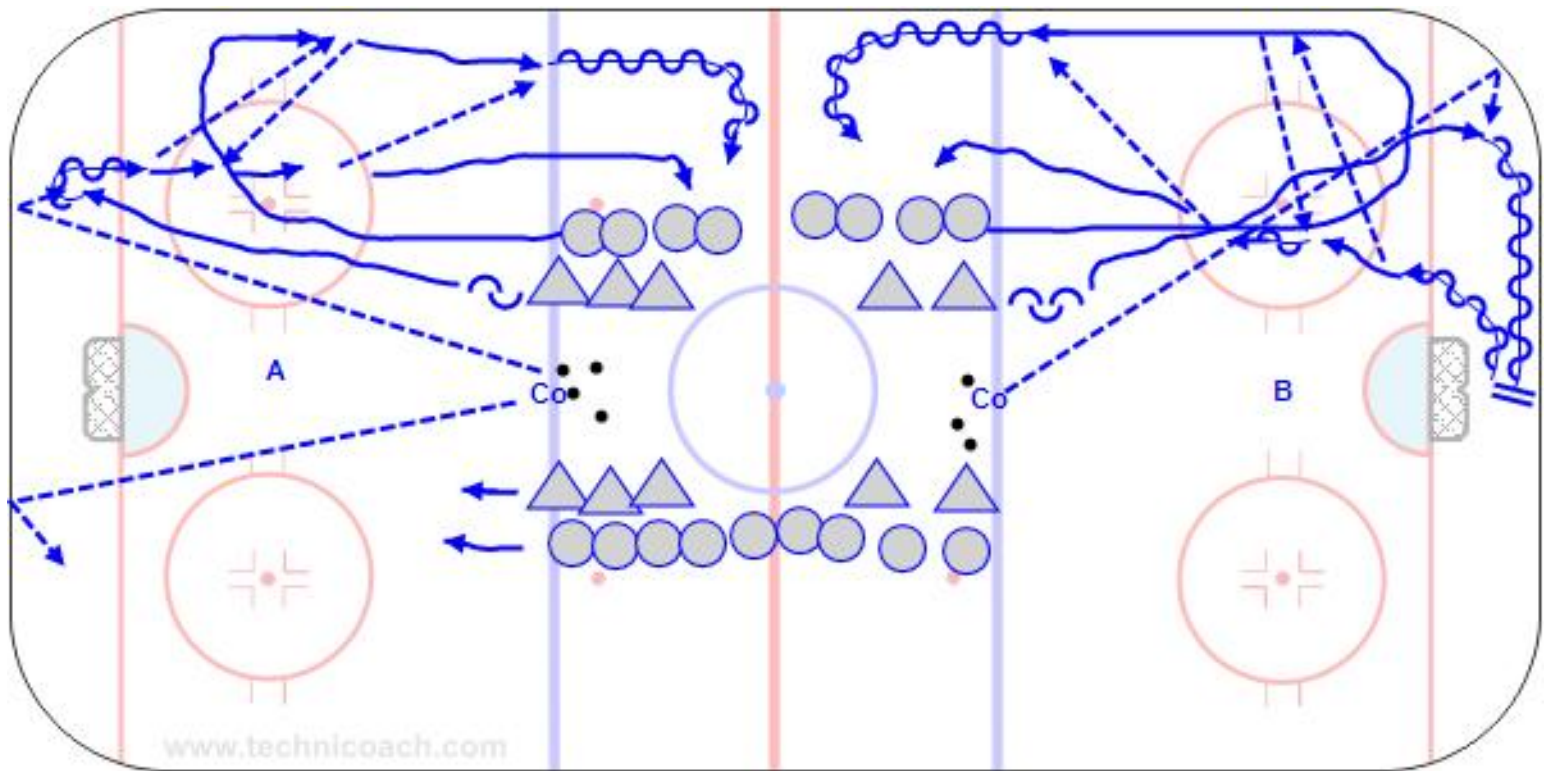


Team Offense:

Divide the ice down the centre instead of across. Allows for faster skating and 3 zones.



Murdoch breakout routine

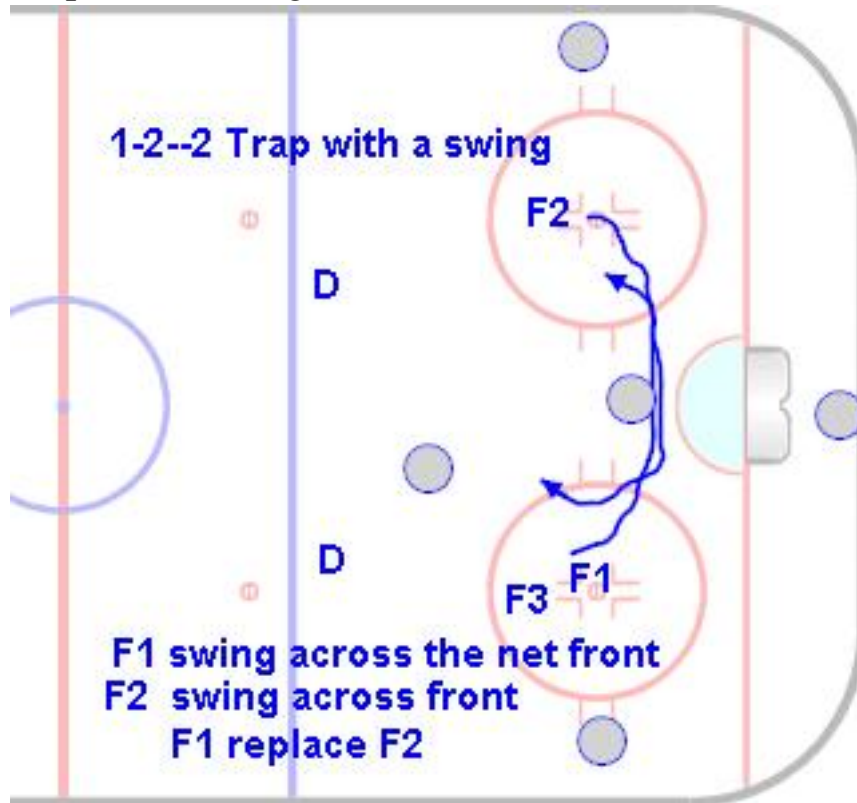


Cycling Practice

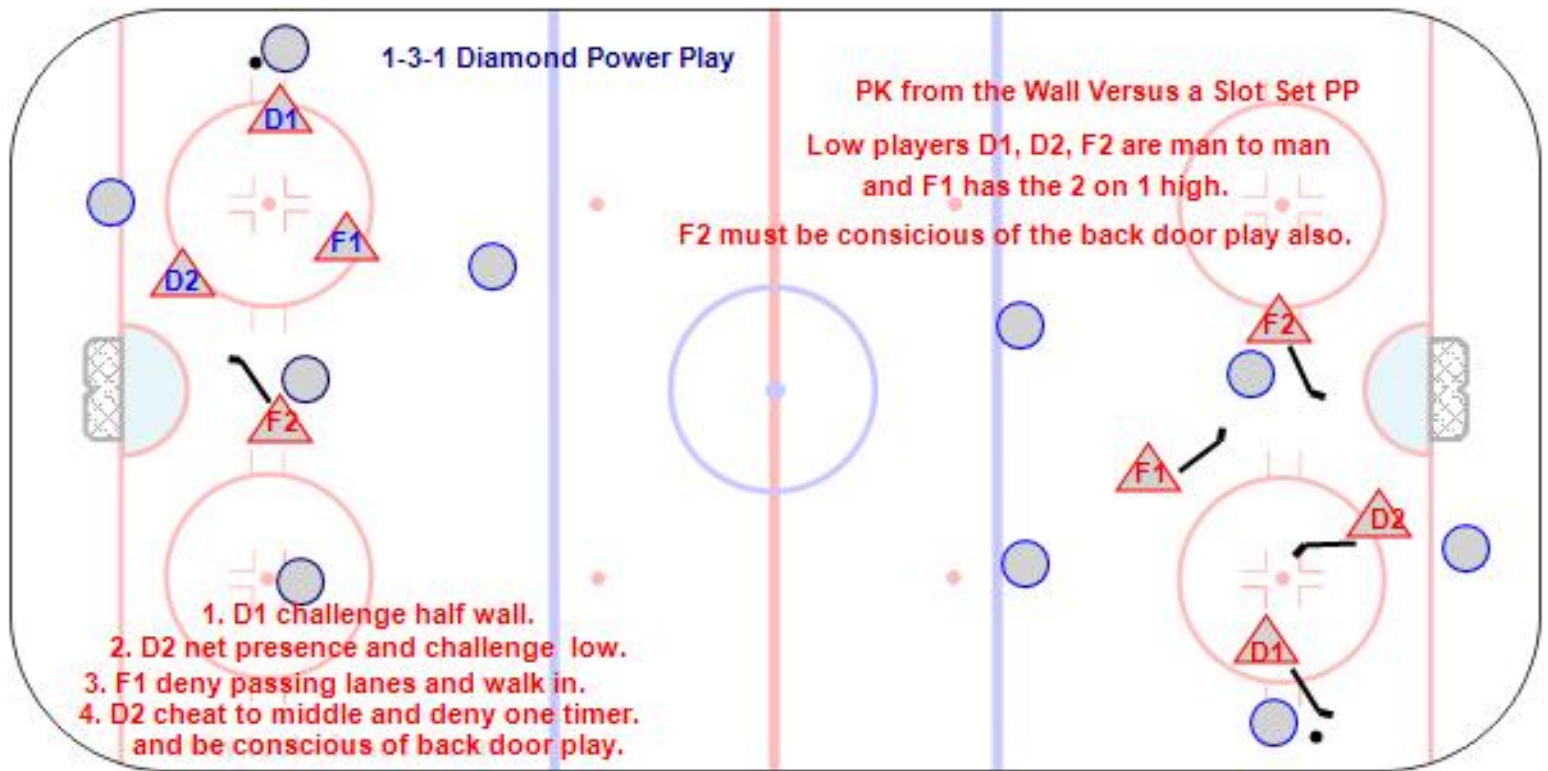


Team Defense:

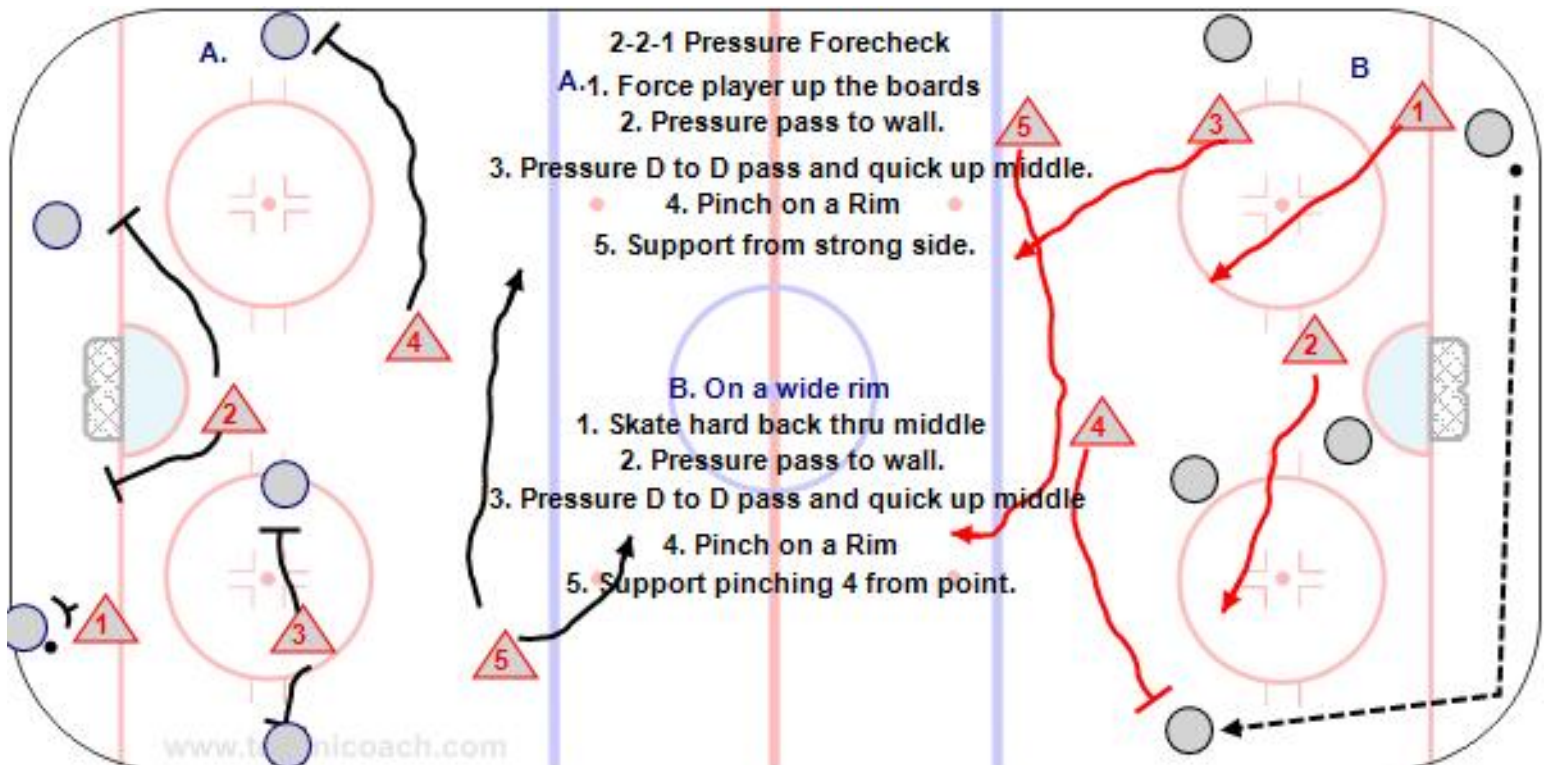
Trap with a Swing



Penalty Killing Practice

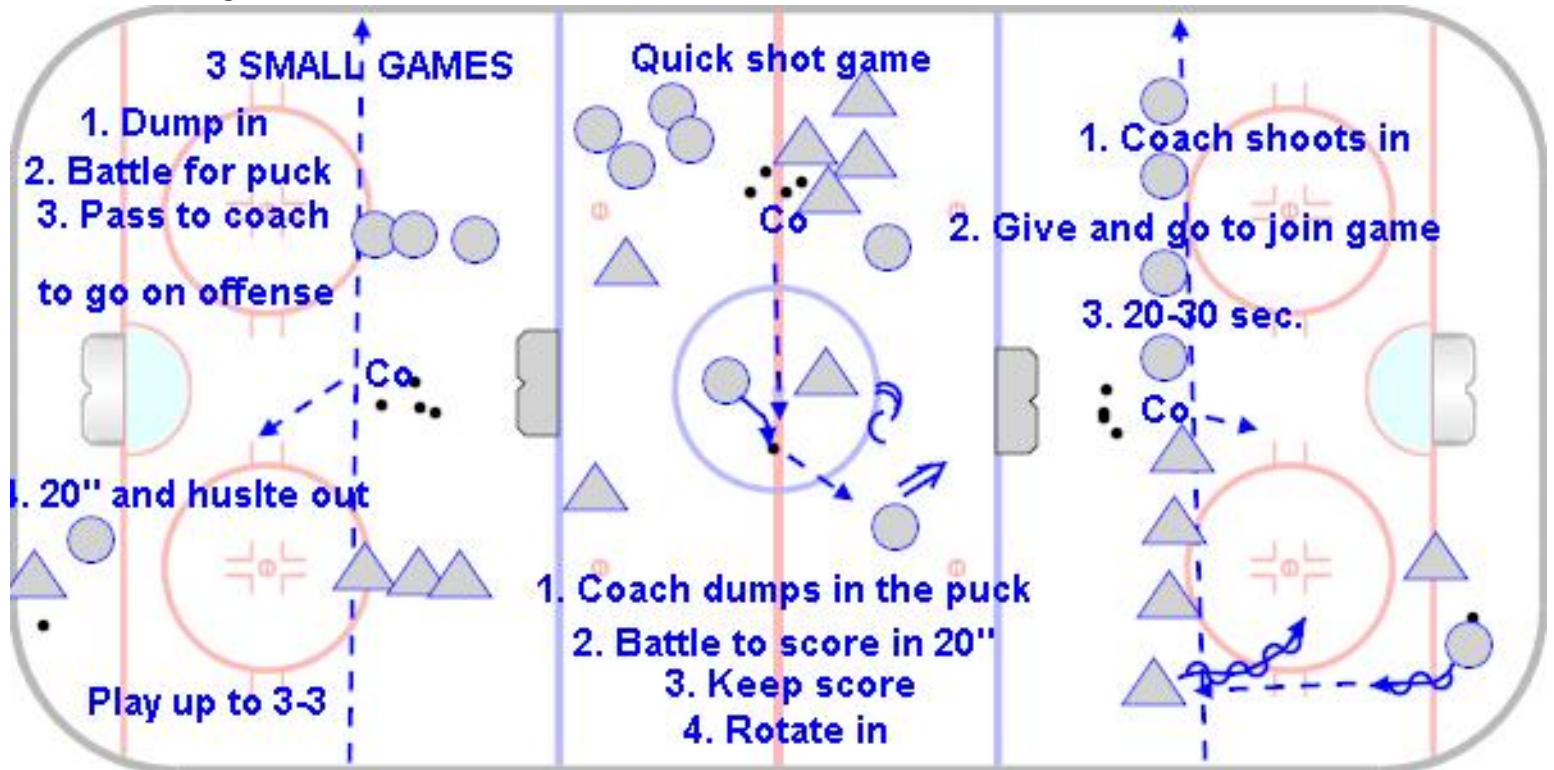


Pressure Forecheck practice.

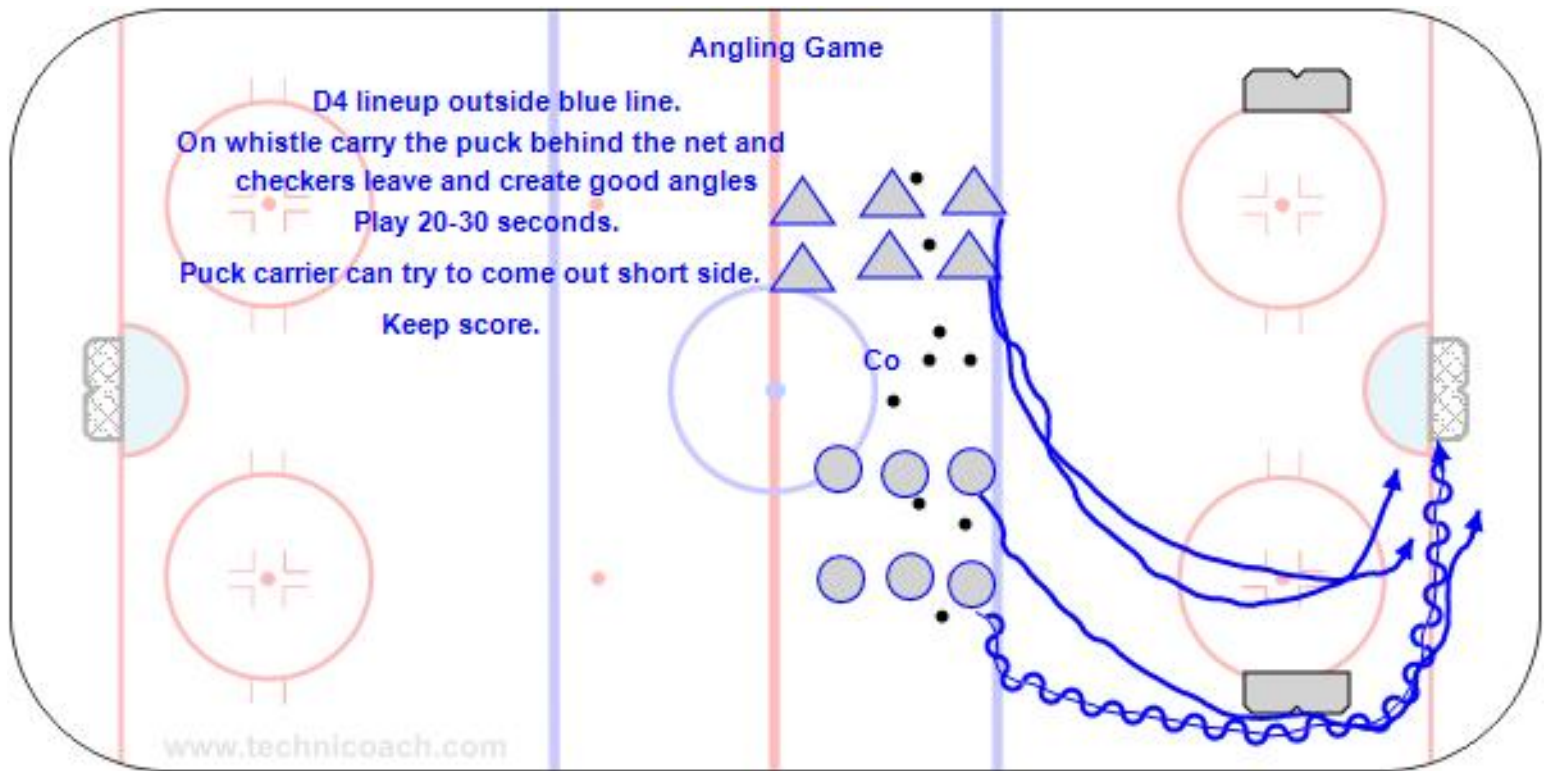


Games to Practice Skills

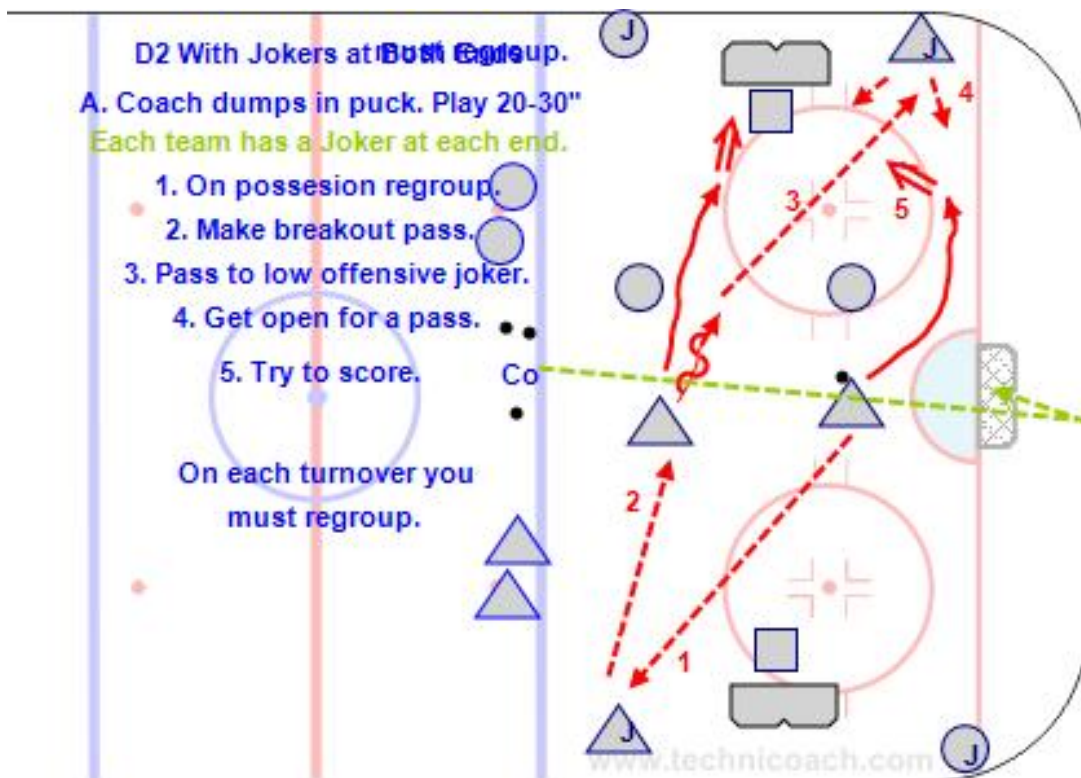
3 Small area games



Angling Game



Passing and Puck Support Game



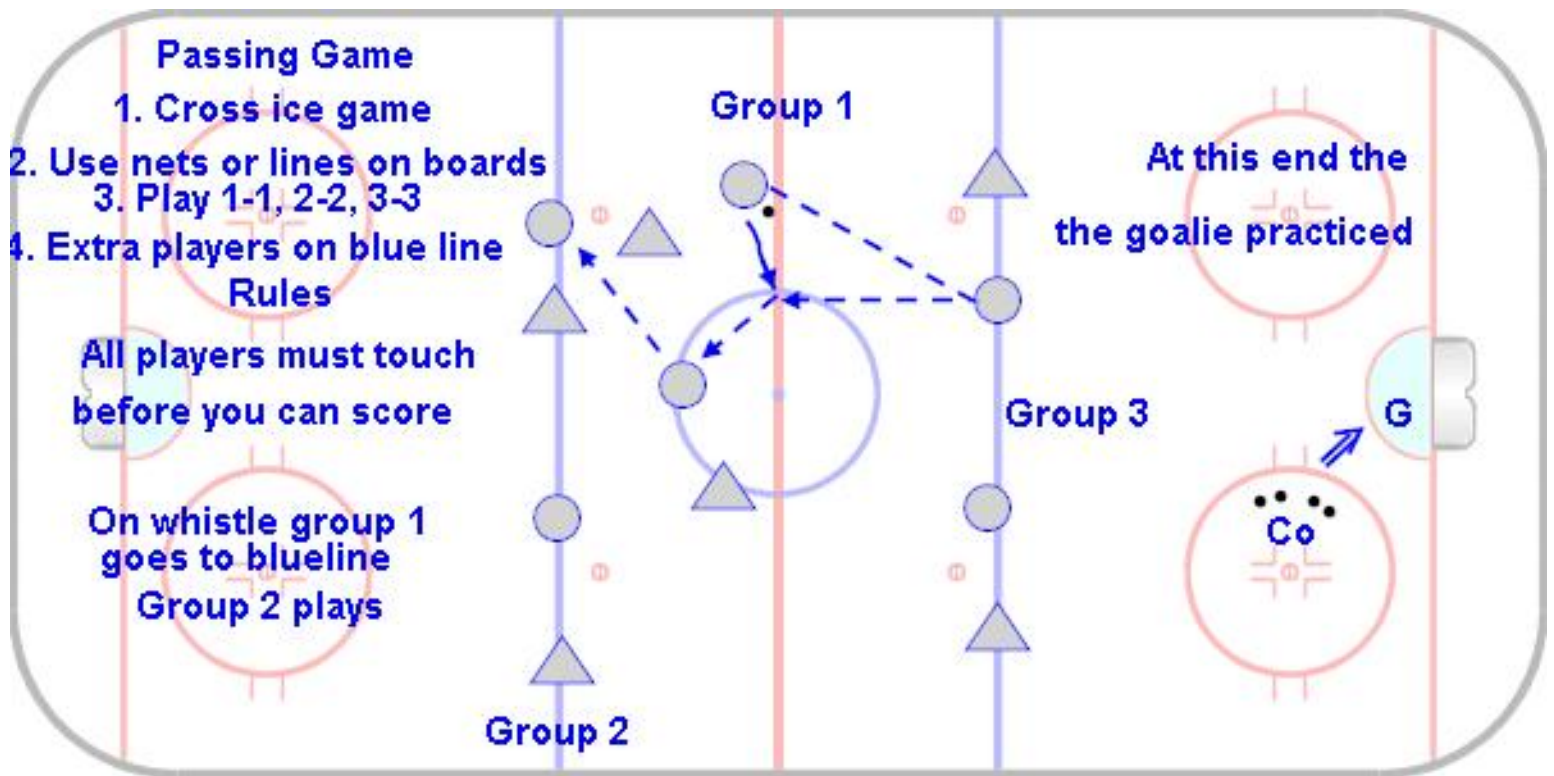
Keepaway



combative drills for checking

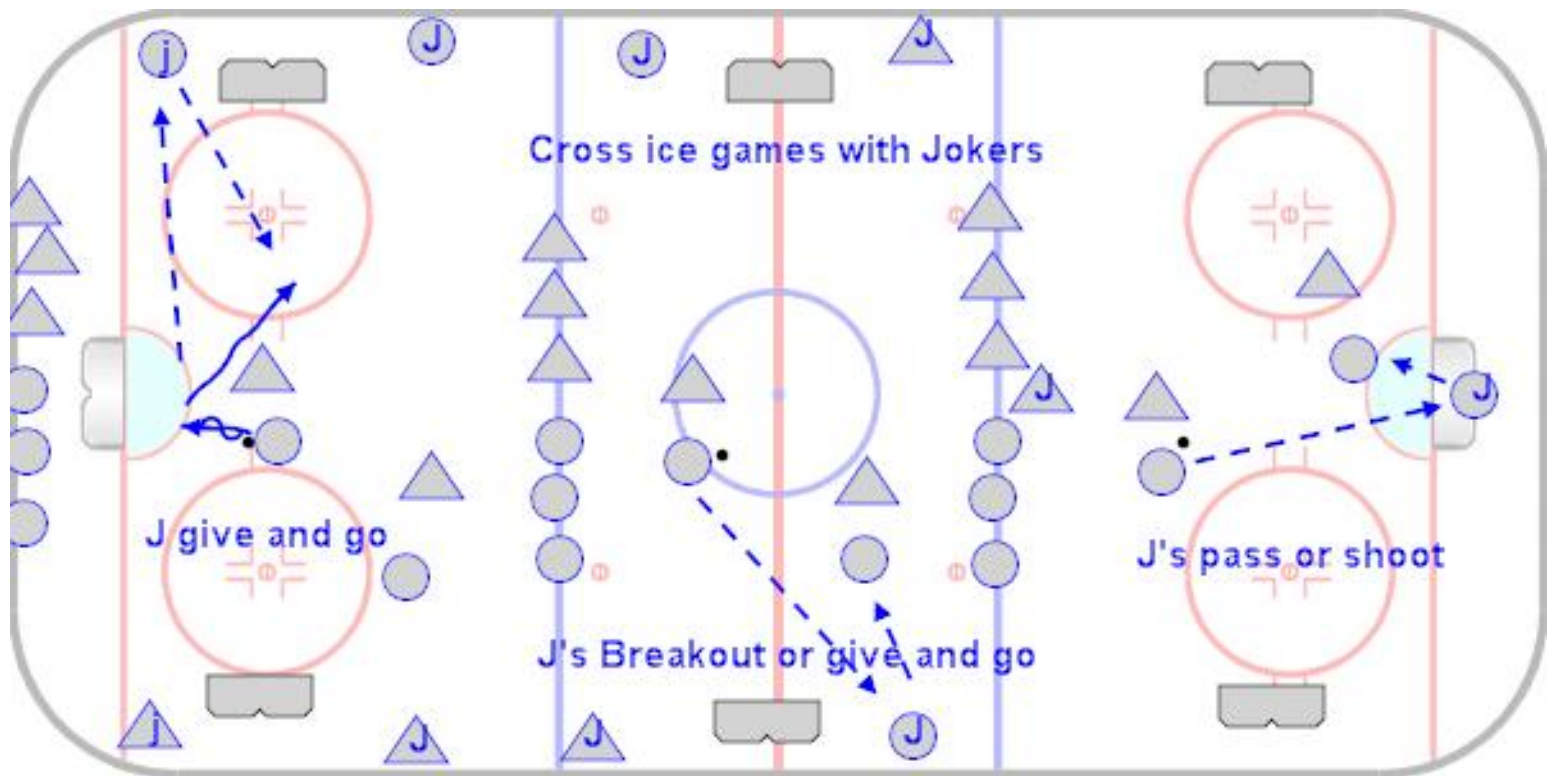


Passing Game



Cross Ice Games

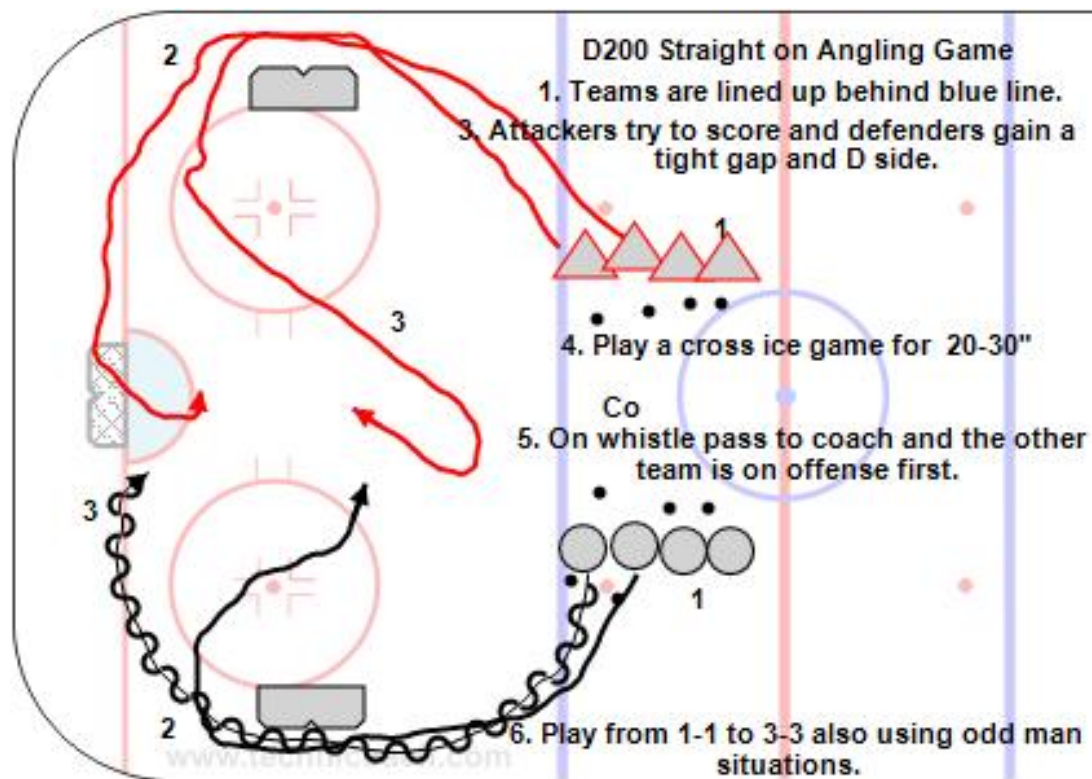
With Jokers



Nets back to back one goalie

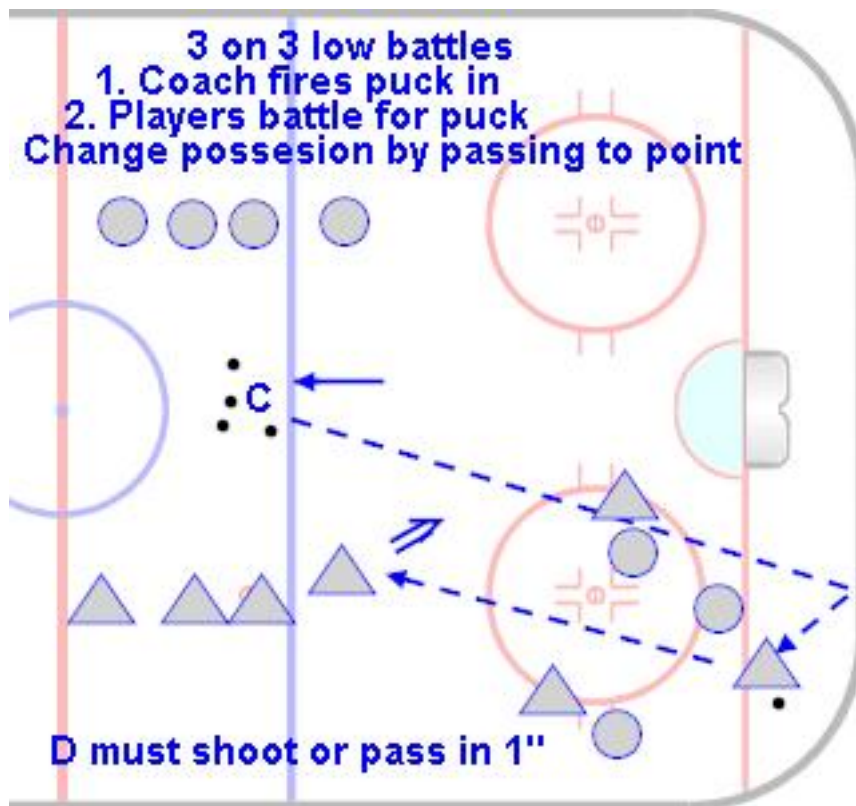


Straight on Angling Game

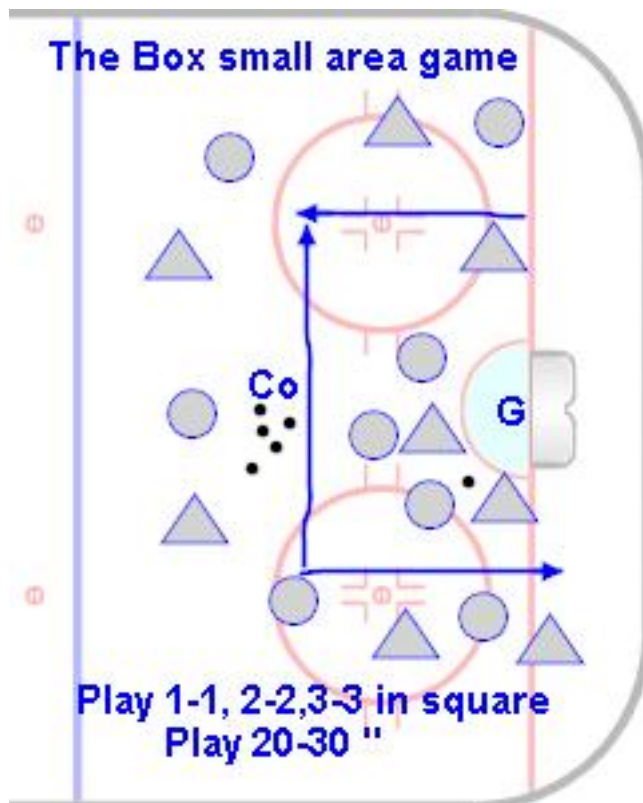


One Zone Games

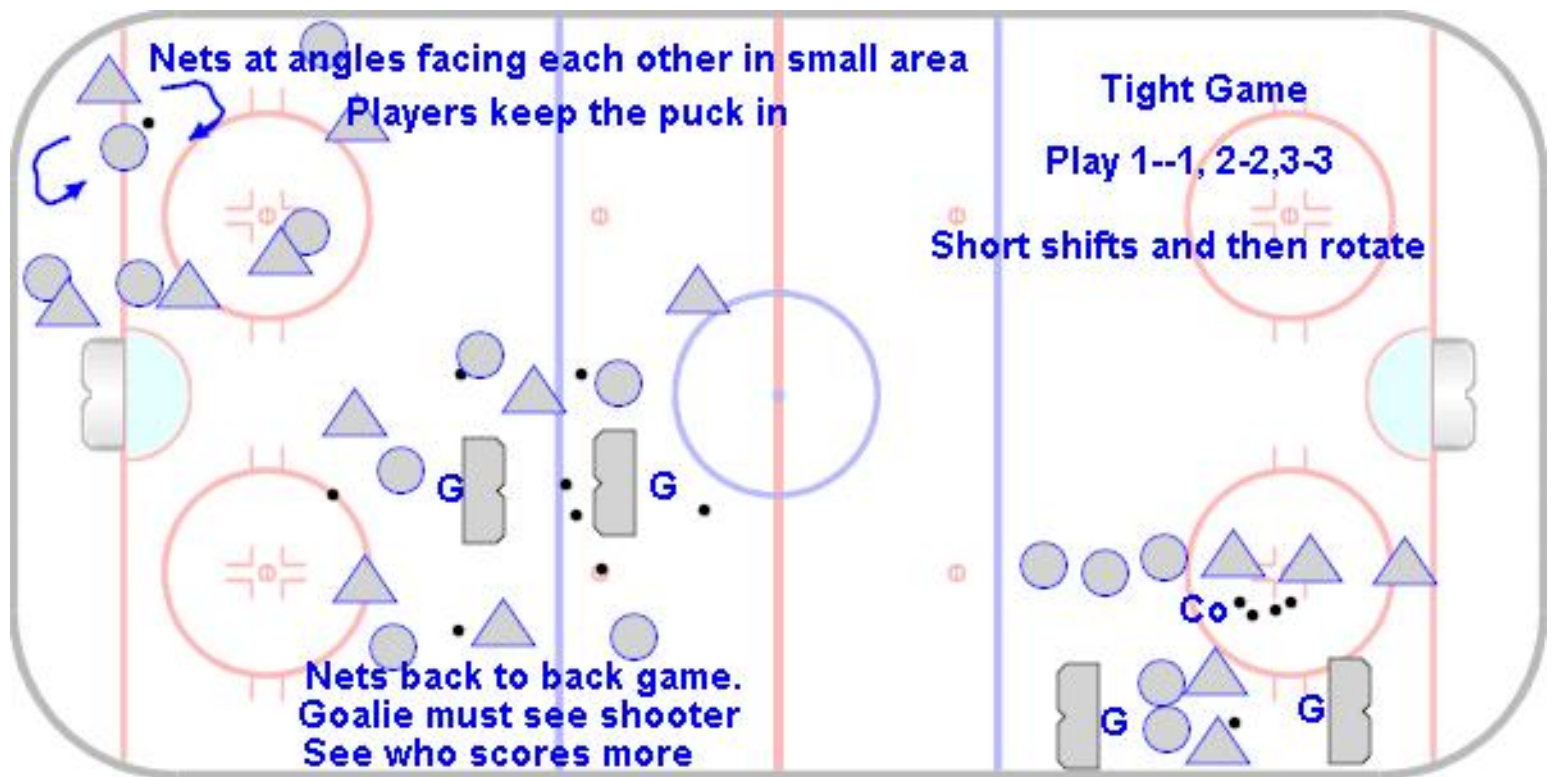
Low Battling game



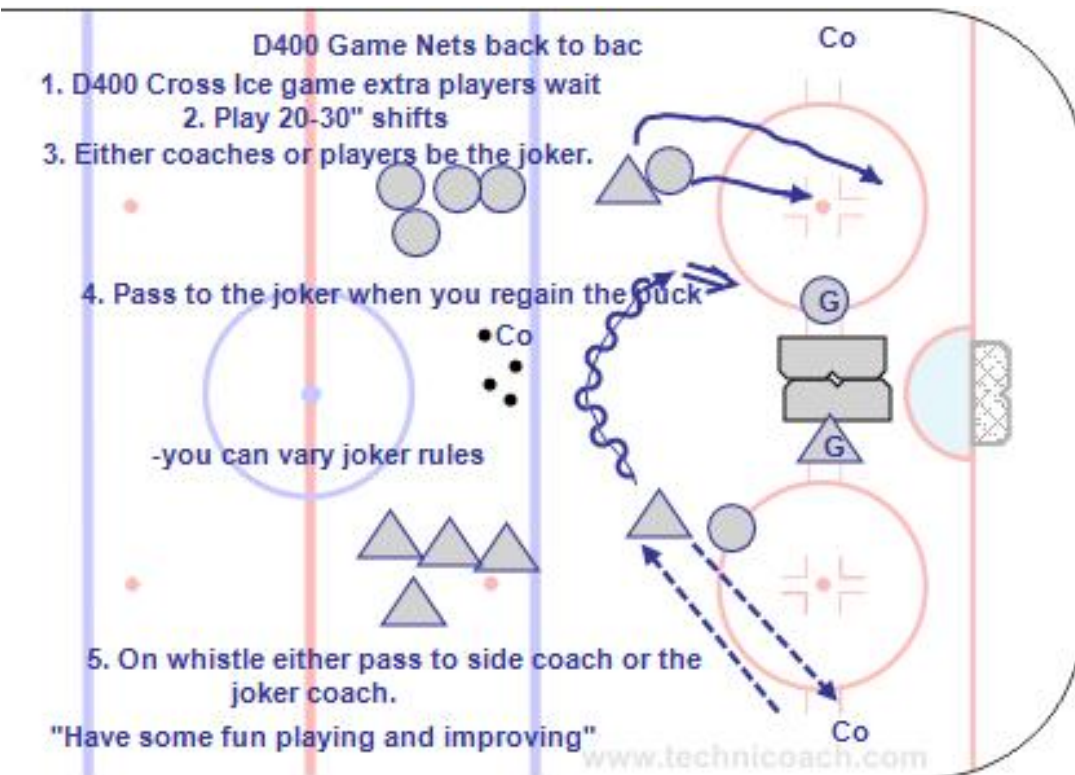
The Box



Tight Area Games

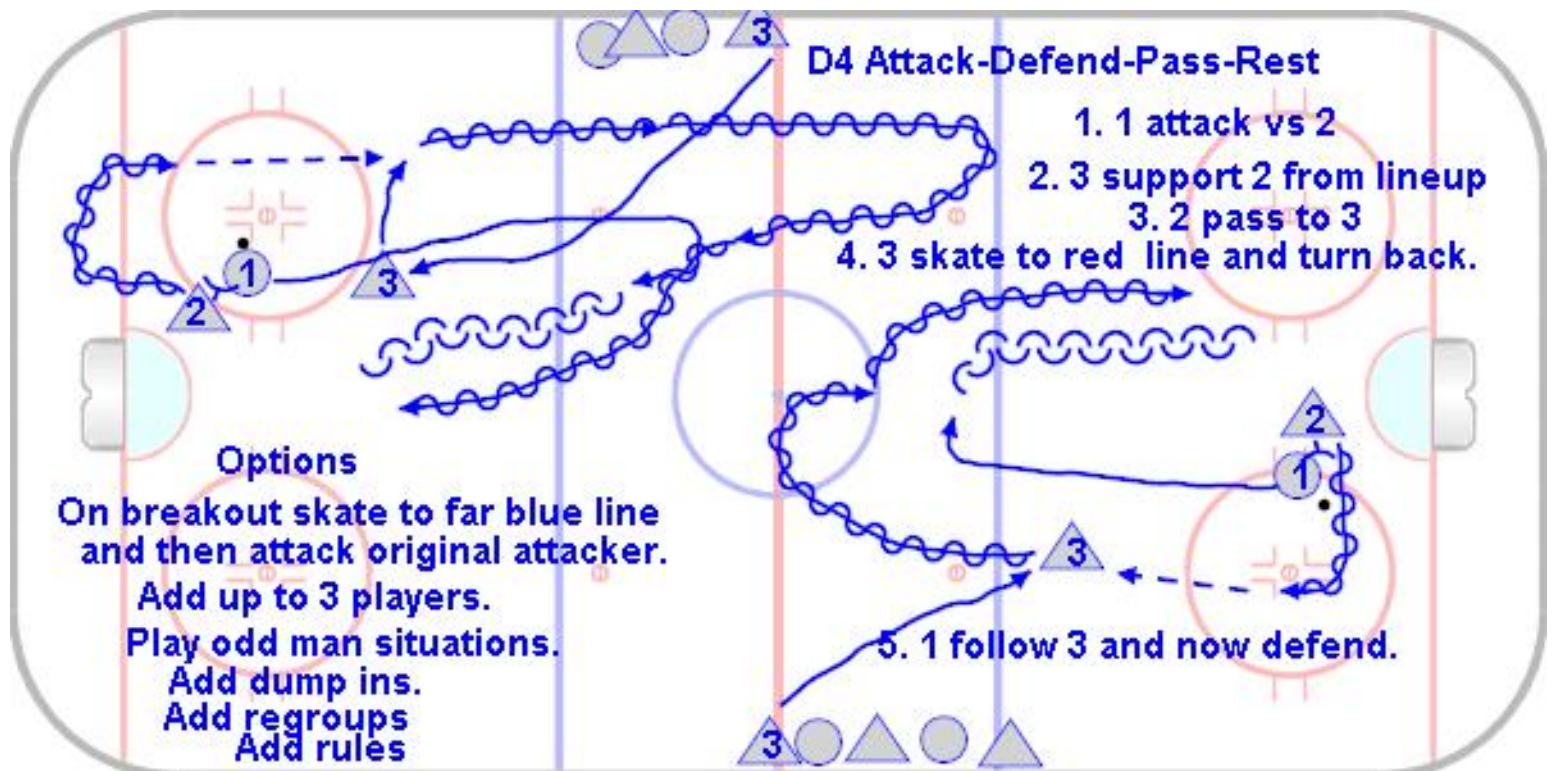


Nets back to back

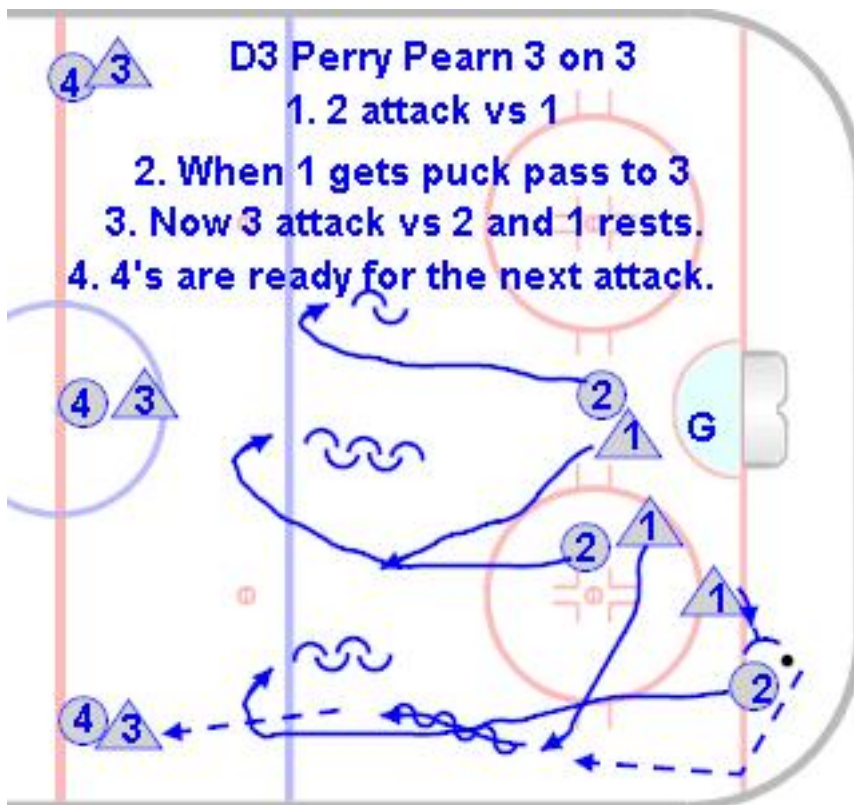


One Puck Transition Games

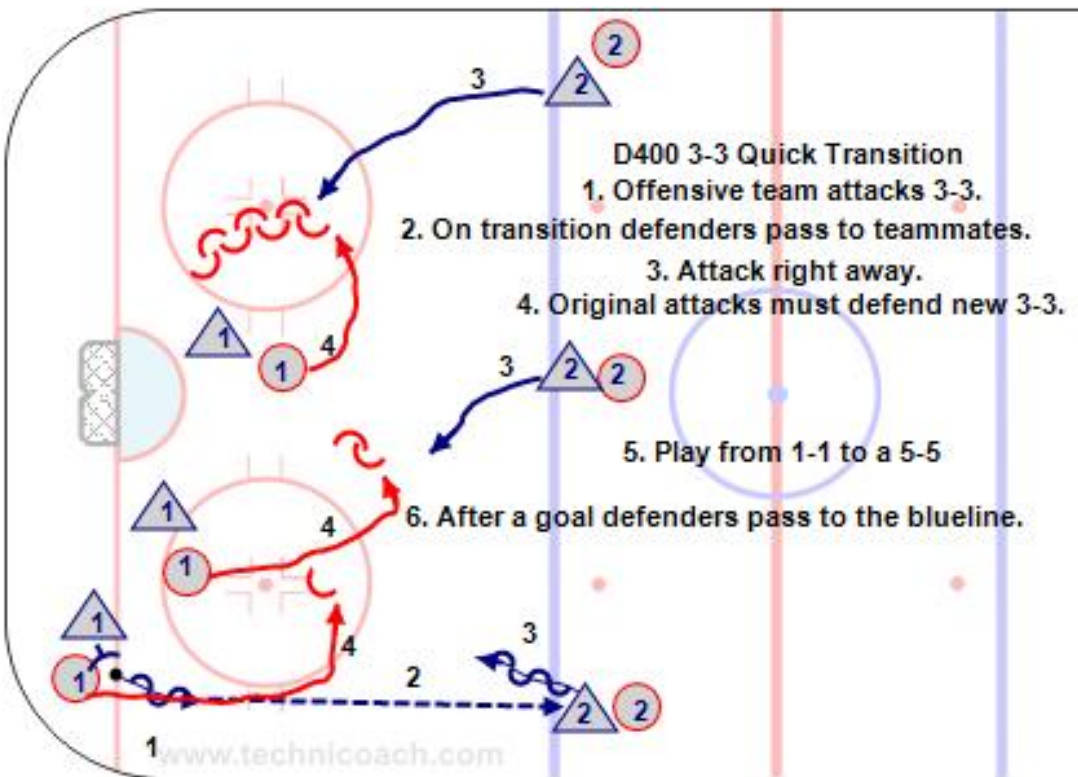
Attack-Defend-Breakout-Rest



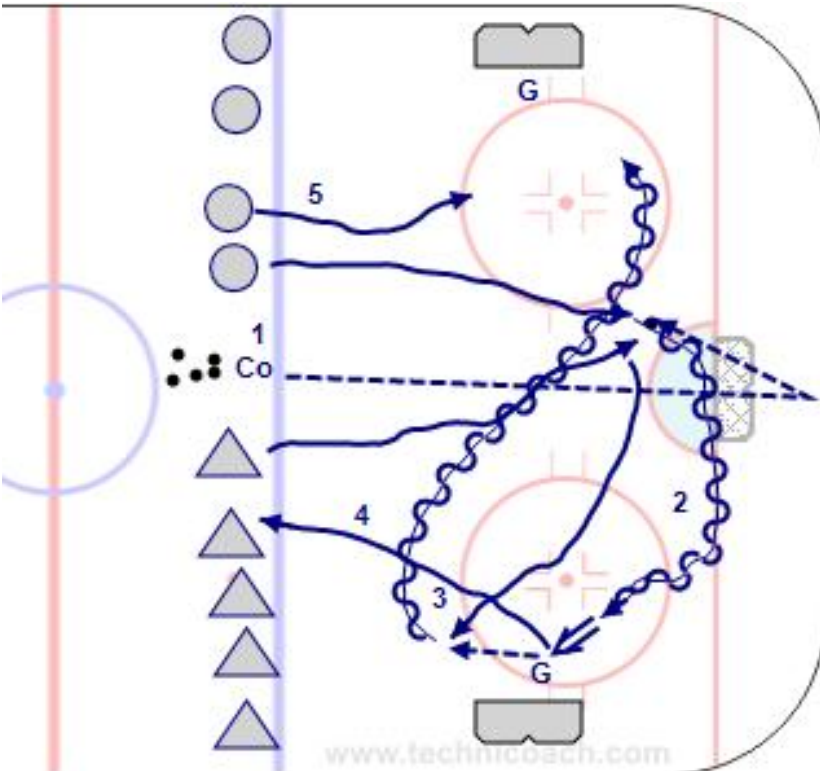
Perry Pearn



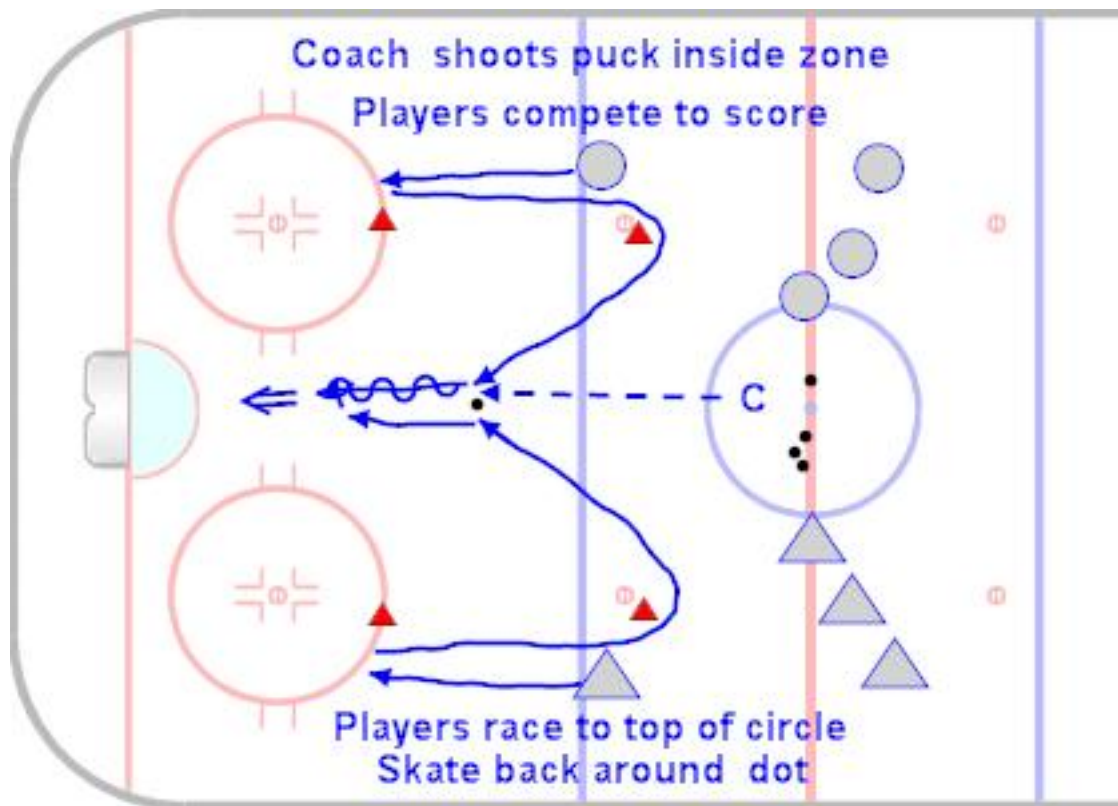
Game of quick transition



Shootouts



Shootout Race



Rebound

