

B5 Options Using One Quarter Ice

Key Points:

When you have large groups and many goalies it is easy to divide the ice and do skills and games in smaller areas. Skating around the circle adds crossovers as well as drop pass options.

Description:

Players line up just outside of the blue line and circle the group skating and doing skills. 1-0, 2-0, 3-0 individual and partner skills can be practiced as well as situations like a 1-1, 2-1, 2-2 are created by having the players go to defense after they have attacked.

The coach can move from doing drills and then use this D7 Formation for small area games. It is helpful but not necessary to use rink dividers like a 4x4 board, pads, hose.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20100818155314680>

