



**Juhani
Wahlsten**

**Tom
Molloy**



Das **ABC** des internationalen Eishockey



D1 Controlled Scrimmage

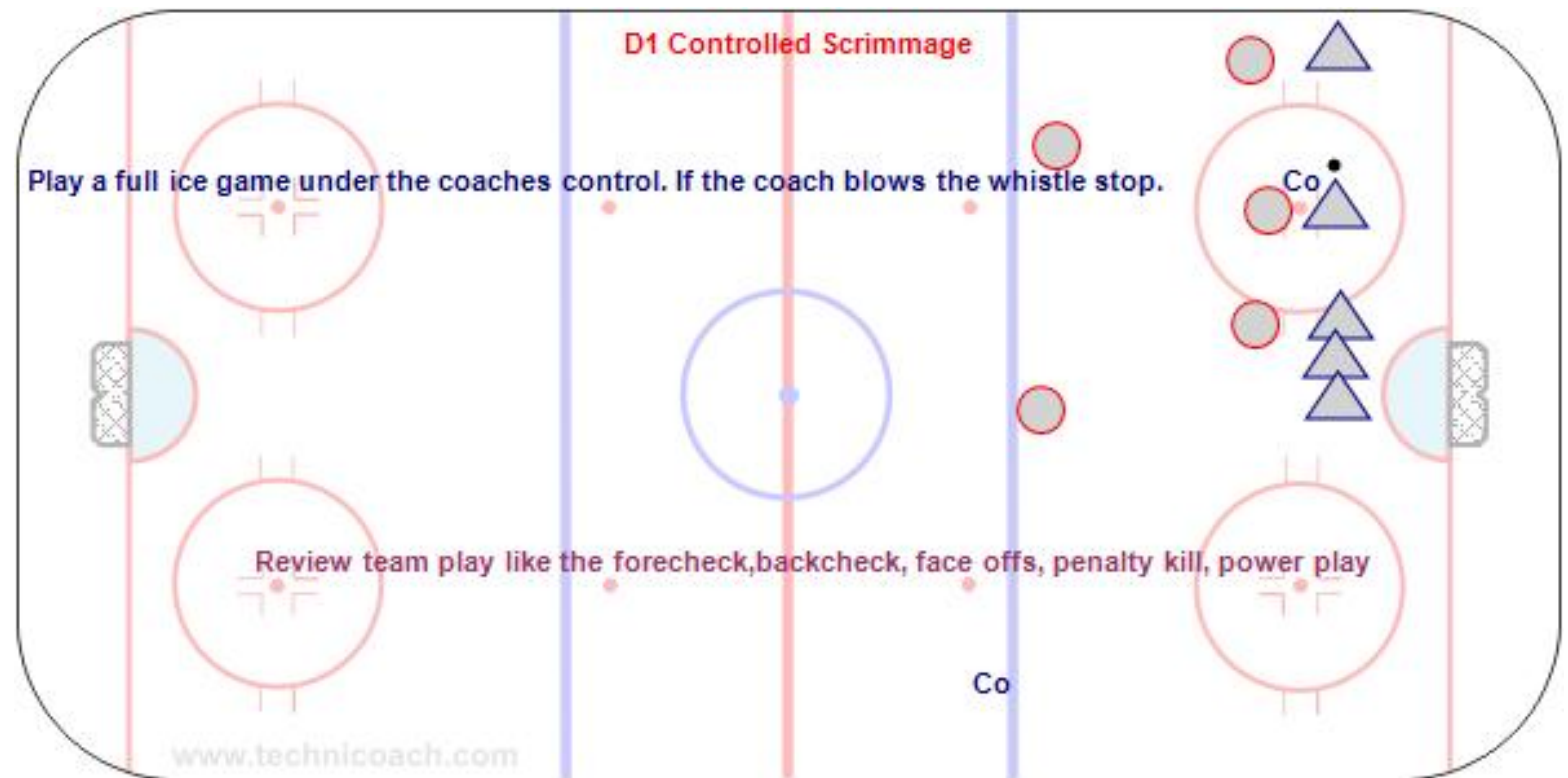
Key Points:

Team play, face-offs, freeze play,

Description:

Play a full ice game under the coaches control. If the coach blows the whistle stop. Review team play like the forecheck,backcheck, face offs, penalty kill, power play, even strength, etc..

Video link: <http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090824224310861>



D1 Full Ice 3 Team Scrimmage

Key Points:

Give close support to the ball or puck. Defending team create speed through the neutral zone after the breakout. New defending team identify coverage when the attackers enter the zone.

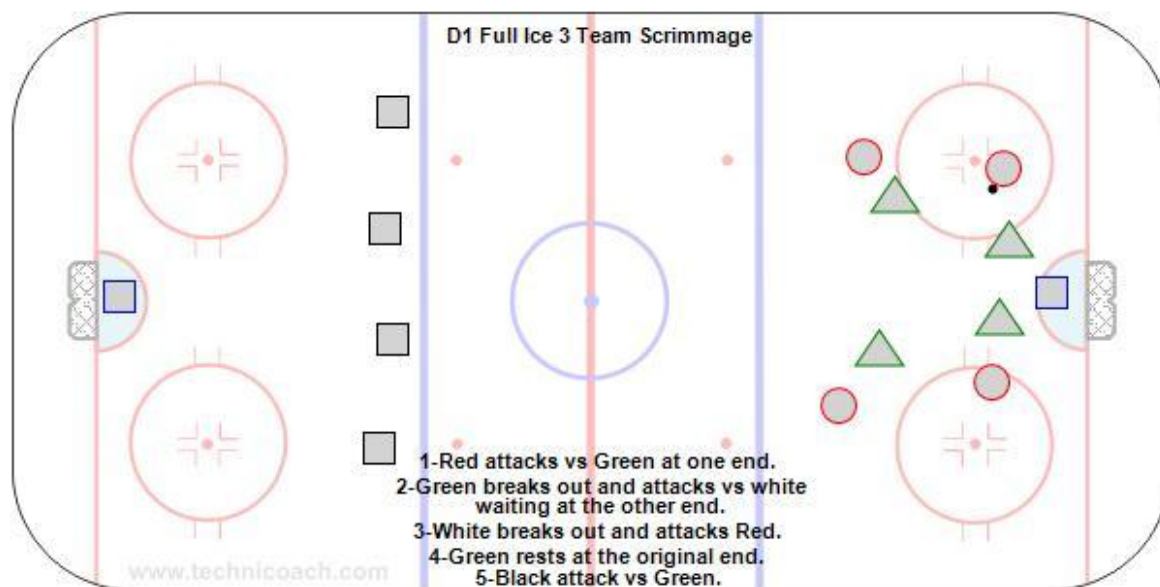
Description:

Three teams play full court or full ice.

- 1-Red attacks vs Green at one end.
- 2-Green breaks out and attacks vs. Black waiting at the other end.
- 3-Black breaks out and attacks Red.
- 4-Green rests at the original end.
- 5-Black attack vs. Green.

They keep this rotation and play a game up to 5. Start another game at 0-0 but switch who they attack first i.e. now Green attacks Red and Red attack vs. Black and Black vs. Green. This rotation can be used to practice team play at full strength and power play and penalty kill.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2012013110134174>



D1 One Pass in Each Zone

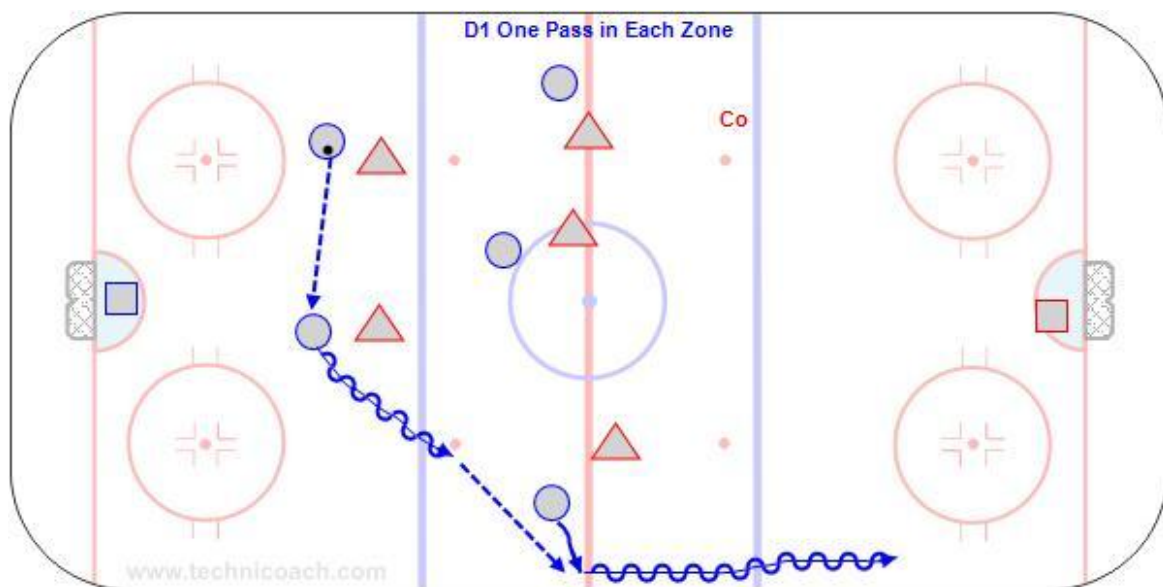
Key Points:

Close support, skate to open ice with the puck, give a target.

Description:

1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2011032414361323>



D1 Shinny – Russian U20

Key Points:

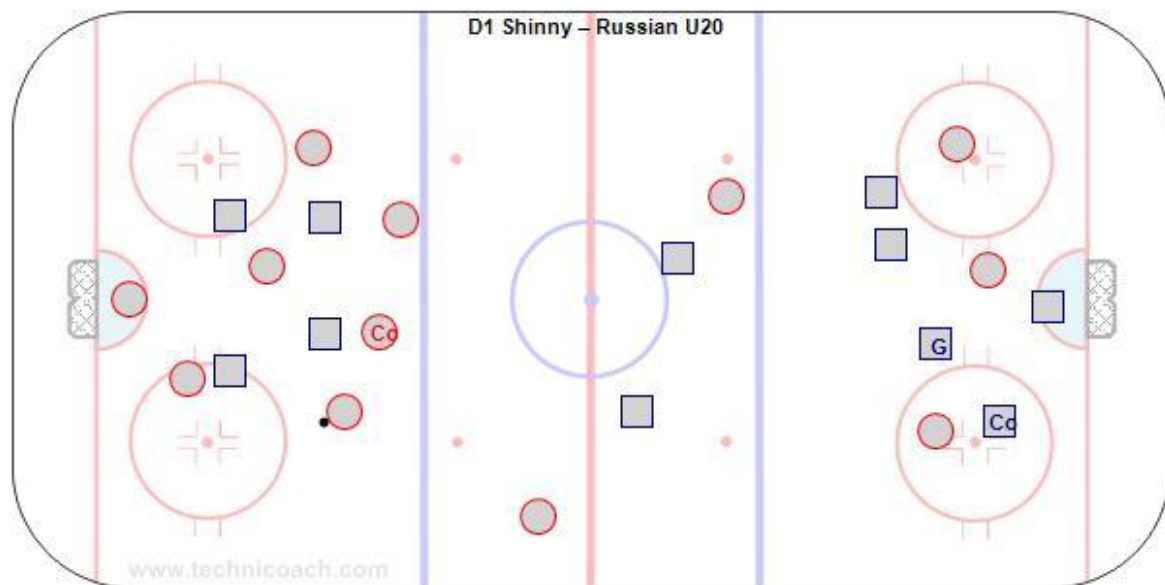
Everyone plays at once. No offsides and no rules except good sportsmanship. Great for developing puck handling skills and recovery after a hard practice.

Description:

This is the Russian U20 team playing shinny at the end of two practices. Everyone plays including the coaches and the extra goalie. They played shinny at every practice. The players enjoyed the games and it was a very different atmosphere than the North American practices which were so military with whistles all of the time, coaches barking and making many passes in command style, coach centred sessions.

Hockey seemed like a Game at the Russian and other European practices and a Job at North American sessions.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120302093038534>



D1-D100 Two Second Game

Key Points:

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

*This game can be played full, cross, half ice.

Great game for on ice awareness, passing skills and offensive support and defensive coverage.

Description:

1. Play full ice with either all the players on the ice at once or in shifts.
2. Players can be in possession of the puck for a maximum of 2 seconds.
3. Stress that when you get the puck the order of priorities should be:

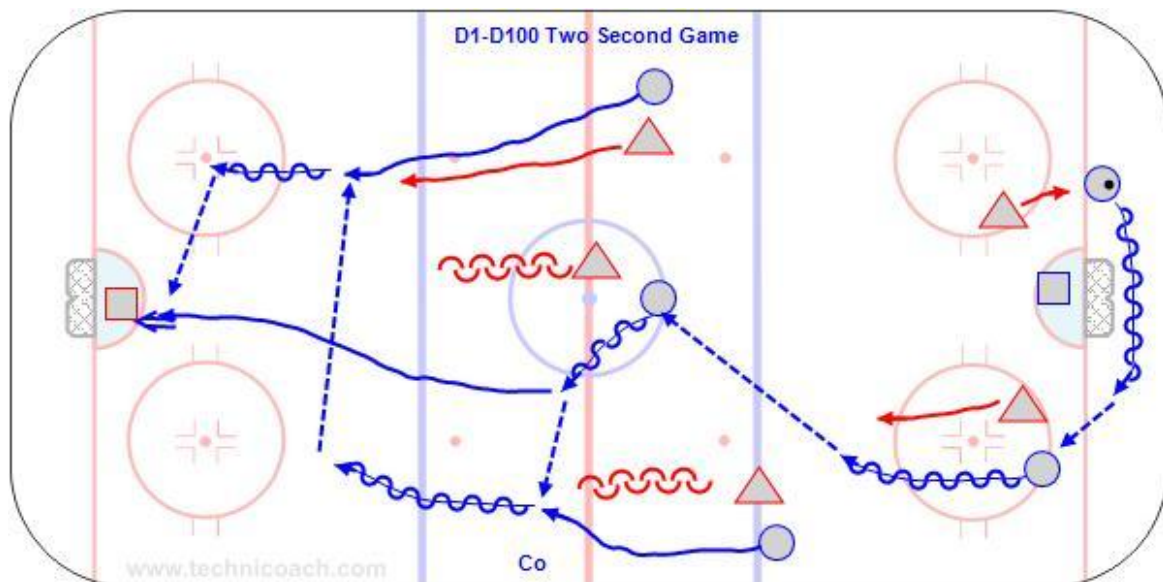
A-Make a play.

B-Regroup.

C-Gain a zone.

3. When over 2 seconds the other team gets the puck (coach monitor).

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324143851598>



D2-4 Tournament Using Various Pucks and Balls

Key Points:

The different weights, size, hardness and bounce of the pucks and balls overload the nervous system to adapt stickhandling technique.

This tournament lasted 45 minutes with 9 x 5 minute games. Fun, skill and lots of skating, touches and exercise. Research has shown that cross ice games have 600% more puck touches than a full ice game.

Description:

1. Play two cross ice and one game with one goalie.
2. Games last 5 minutes then the same teams play in a different area.
3. After all have played in each area rotate who they play against.
4. Use different pucks and balls for the first two rounds and then play 1-1 where the defender regroups with the goalie before attacking or the point in the one net game.
5. Keep track of wins.

mediagallery/media.php?f=0&sort=0&s=20130506082228769



D2 and D6 Variation Game Formations

Key Points:

This is an example of how to use multiple nets with groups that have mixed ability levels. In this ice session we had 3 cross ice games and then moved the net for one 2/3 ice and one 1/3 ice game happening at the same time. There were 3 different modified games and each had a purpose.

Description:

Game One: D2 - cross ice game with the rules there must be at least 2 passes but you have to beat a defender before passing.

Game Two - cross ice game D2 - Only 1 pass Allowed Receiver must score.

Game Three - D6 Variation 2 - Two Passes and All Must Score before you can score a second goal.

Game one encourages passing and getting open but in order to beat a defender you must skate away from them to open ice. This is the most important habit a player can have when they get the puck.

Game Two allows one pass, so a fake pass is an effective move. Theme of the practice is stickhandling and the pass receiver must make moves, dekes and protect the puck in order to score.

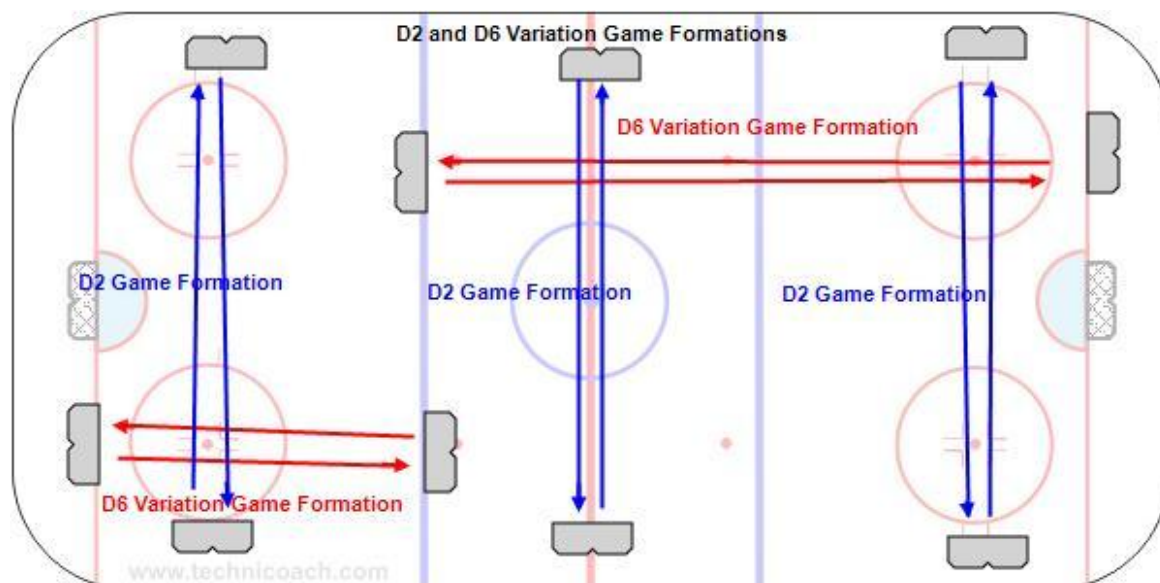
Game Three passing rule causes passing, getting open, covering away from the puck to happen. All must score forces everyone to participate hard and get open so they can score. It also requires the players to get their head up and do things like screen away from the puck.

I was taking the video so no coach was enforcing the rules in two of the games. The older players are used to modified rules and were doing them. The beginner group has more trouble because they are struggling with the basic skating and puck handling but it is good to teach them how to play at the same time.

So rules must be enforced to be effective.

Here is a video of the three games.

mediagallery/media.php?f=0&sort=0&s=20120924155404927



D2 Cross Ice Game – Sweden

Key Points:

Face the puck and give good support. Use nets, tires, small nets, the line on the boards etc., for a goal.

Description:

Play a cross ice game to warm up. Encourage the players to want the puck and try moves to create space for themselves.

Anders Ottosson is a development coach in Sweden. He is running a skills practice for 12 year old players in Stockholm.

<http://hockeycoachingabcs.com/mediagallery/media.php?s=20100414094539964>



D2 Cross Ice Game Using Blue Stripes for Nets

Key Points:

Play games with regular or modified rules and vary the amount of players.

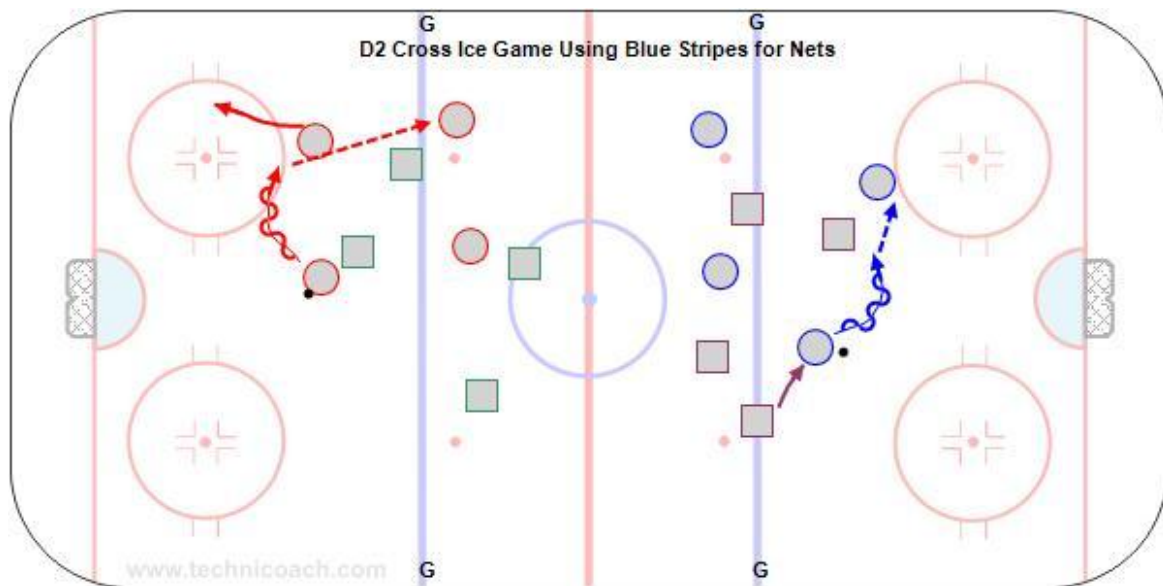
Description:

Use the blue or red line stripes on the boards as nets if there aren't enough goalies.

This is a puck support - passing game with the rule that the players can only have the puck for one second.

You can play even or odd man situations, add Jokers or play D200 games with players rotating in.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=96>



D2 Cross Ice Games

Key Points:

Use regular or small nets, tire, pylons or the lines on the boards for goals. Play with regular or modified rules.

Description:

1. Teams of from 1-1 to 5-5 play a game cross ice.
2. After a goal allow the other team to get to centre.
3. Jokers can be added who can or must be passed to.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090802104424493>



D2 Game with One Goalie

Key Points:

Goalie has to switch nets on a turnover.

Description:

D2 Game With One Goalie

1. One team shoots on one net and the opponent shoots at the other net.
2. On transition to offense there must be at least 2 passes before shooting.
3. If the puck goes outside the blue line the other team gets possession.
4. With lots of players the extra's act as jokers and time shifts.
5. With only one goalie he must defend both goals.



D2 Hand Soccer U18

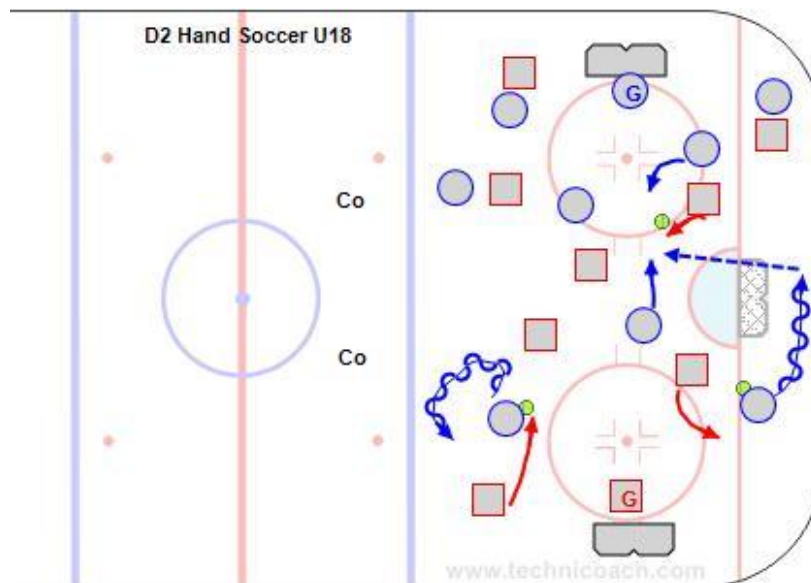
Key Points:

Bend the knees and keep the head up in a strong hockey skating position. Use this game as a warm-up or the first game in a cross ice tournament.

Description:

1. Nets across from each other in one zone.
2. Use soccer footballs or pucks.
3. Have one ball or puck for every 6 players.
4. Only one shooter at a time - no empty net goals count.
5. Use this game as a warm-up and stress good skating posture.
6. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120903095848173>



D2 King's Court Tournament

Key Points:

I used this tournament rotation a lot teaching sports like volleyball, badminton, basketball. Use nets, small nets, pylons or blue and red lines on the boards as nets. After about 4 rotations you end up with the best players at one end playing each other so it is a good way to select teams as well.

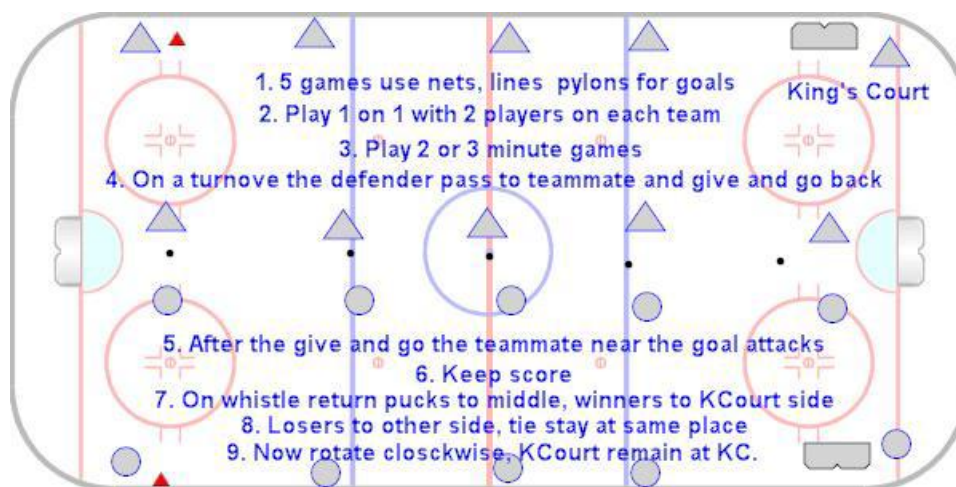
You can play from 1-1 to 5-5 depending on how many games are going on at once. Have jokers that must be passed to for regroup or one timers or pass to a joker to rest.

Description:

1. At least two cross ice games at once are required.
2. Play cross ice games of 1-1 to 5-5 and keep score.
3. Add skill rules, regroup, player rotation rules etc.
4. When the game is over follow these steps.
 - a. Put the pucks in the middle lane.
 - b. Winners go to the King's Court side of the ice.
 - c. Losers go to the other side, if tied stay on the same side.
 - d. Now rotate clockwise but the team at the King's Court stay where they are.
 - e. Start the next game with a 3 stick touch NHL face-off.

** If there is a dispute about who won then the winner is decided by Rock-Paper-Scissors.*

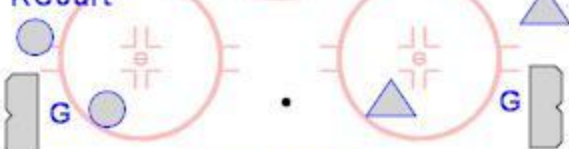
King's Court game of 1-1 with a regroup with joker team mate on a turnover.



Kings Court Tournament

1. Play 30" pass to your partner

2. Score on the net, hit pylon or stripe
KCourt



3. Play a 3' game

4. Winners to KCourt side

5. Tie stay where you are



6. All but KC rotate clockwise

7 Put puck in middle at the end of game

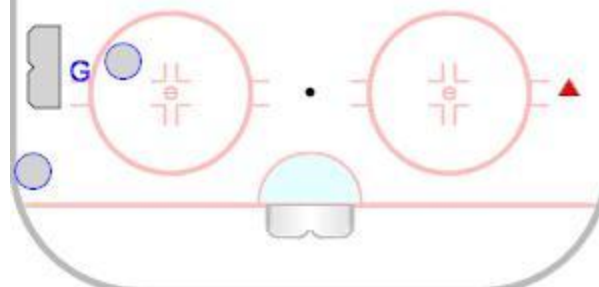


8 Add a pass to teammate on each turnover

9. You can add players and rules etc.



10. Goalies rotate as well



D4 - Jokers Behind the Net

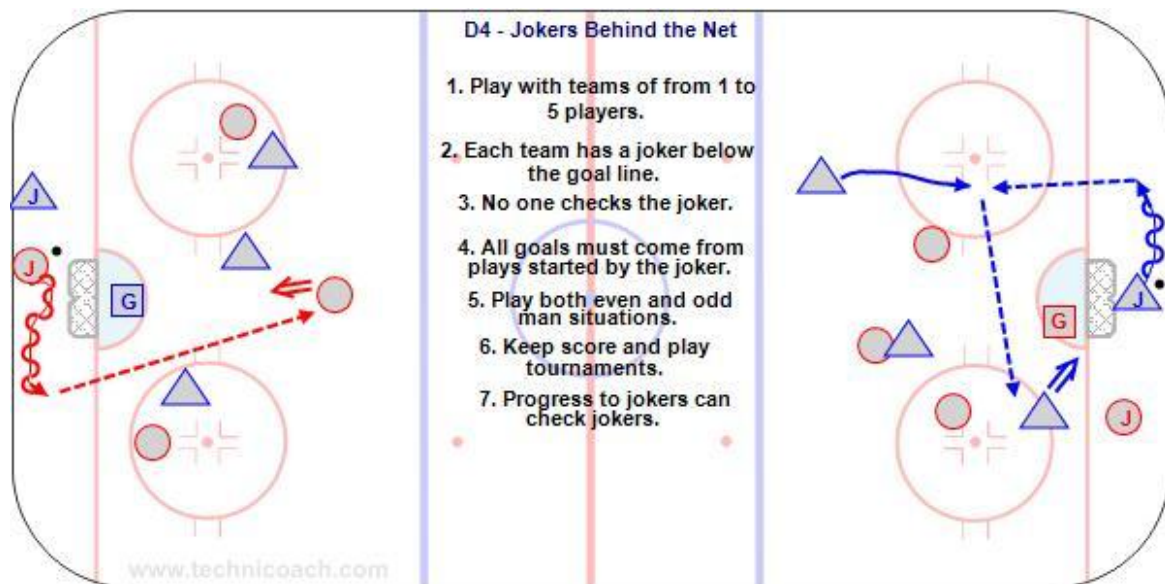
Key Points:

Move when they get the puck. Try to make passes for one timer shots. Either the puck or the player moves. Game works on Role One with the puck and Role Two supporting the puck.

Description:

1. Play with teams of from 1 to 5 players.
2. Each team has a joker below the goal line.
3. No one checks the joker.
4. All goals must come from plays started by the joker.
5. Play both even and odd man situations.
6. Keep score and play tournaments.
7. Progress to jokers can check jokers.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120425092815856>



D4 Attack and Defend the Dot

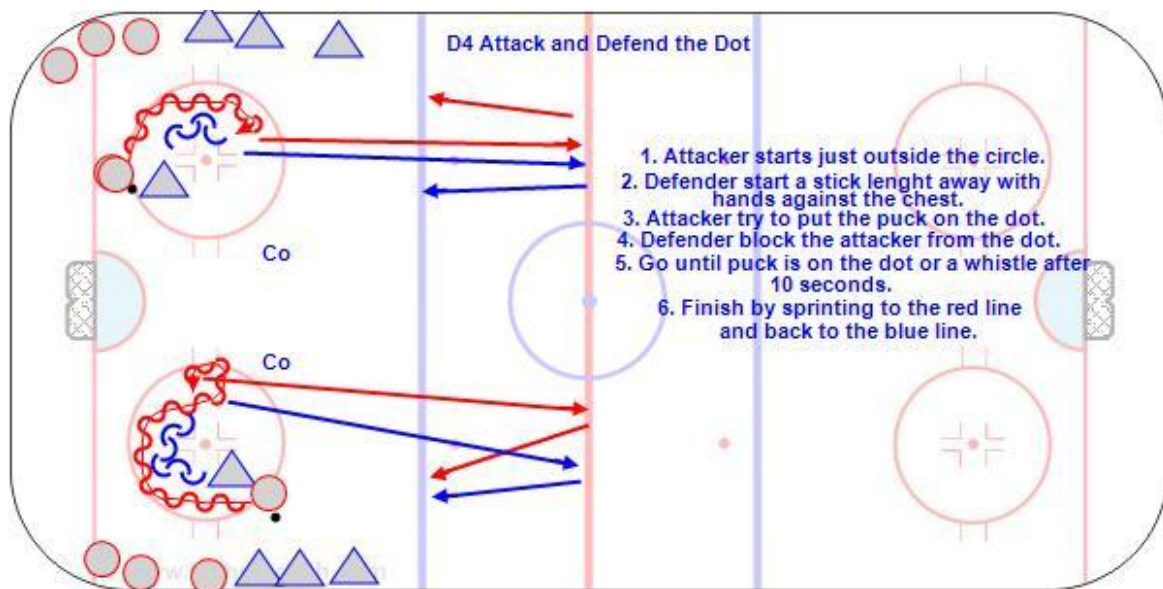
Key Points:

Attacker make lots of moves and dekes, change of pace and turns. Defender keep a tight gap and stay on the defensive side blocking the way to the net.

Description:

1. Attacker starts just outside the circle.
2. Defender start a stick length away with hands against the chest.
3. Attacker try to put the puck on the dot.
4. Defender block the attacker from the dot.
5. Go until puck is on the dot or a whistle after 10 seconds.
6. Finish by sprinting to the red line and back to the blue line.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101218074836562>



D4 Baggo - Czech U20

Key Points:

Face the puck. Get open for a pass and give a target. Goals on one timer shots.

Description:

1. Offensive team must pass within one second.
2. Goals must be on one timers.
3. If the puck goes outside of the zone the other team gets it.
4. On transition to offense there must be at least one pass before you can shoot.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=83>



D4 End of Practice Game-Washington

Key Points:

Everyone plays at the same time. Great way to end a practice and many teams use this to end the pre game warm up.

Description:

1. Defensemen and goalie vs the forwards and maybe the coaches.
2. Use one puck and whomever scores wins.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101210084232659>



D4 Keepaway and Score

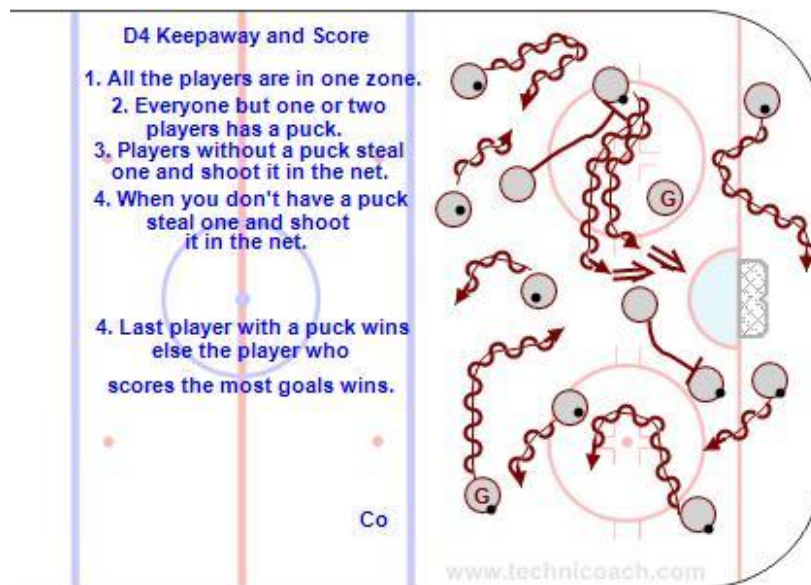
Key Points:

Make lots of moves and protect the puck with your body. Everyone must stay inside the zone.

Description:

1. All the players are in one zone.
2. Everyone but one or two players has a puck.
3. Players without a puck steal one and shoot it in the net.
4. Last player with a puck wins or else the player who scores the most goals wins.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101220072253253>



D4 One Pass One Second - Russian U20

Key Points:

One touch passes and one timer shots are used. Face the play with the stick on the ice and give quick support.

Description:

1. Play at one or both ends.
2. Transition to offense by making one pass.
3. Puck must stay inside the blue line or defenders get it.
4. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012022209521290>



D4 Two Pass

Key Points:

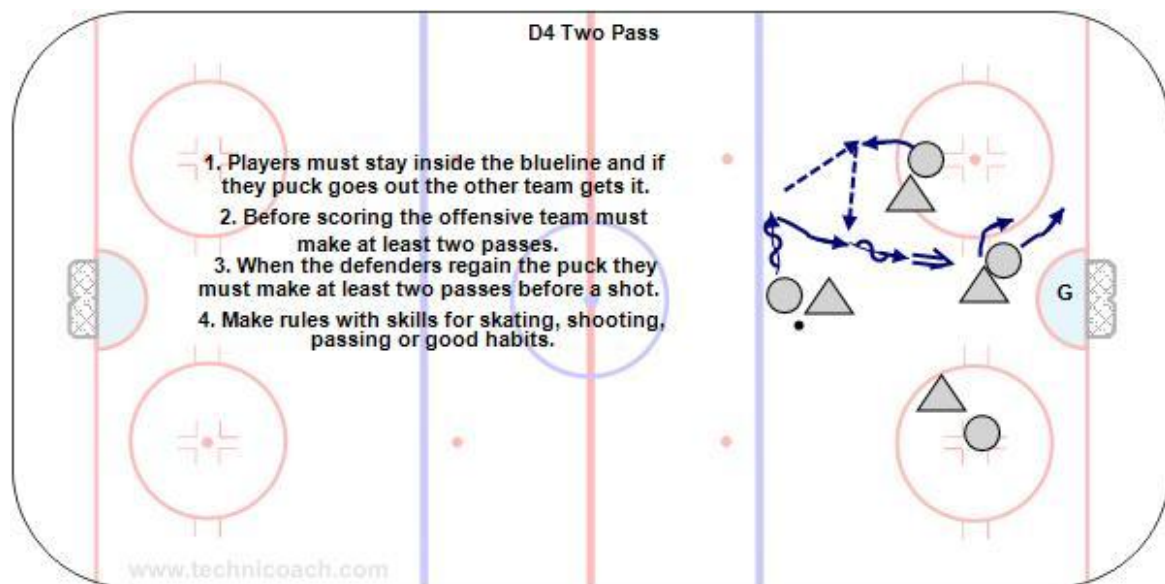
My favorite game to warm up the players at the start of practice. The quicker they make the passes after regaining the puck the more scoring chances they produce. If you look on the video's my son and I are playing this game with Dany Heatley and Jamie Huart as they prepare to go to Europe for the World Championships.

The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111005184904487>



D4 Two Pass – Swiss U20

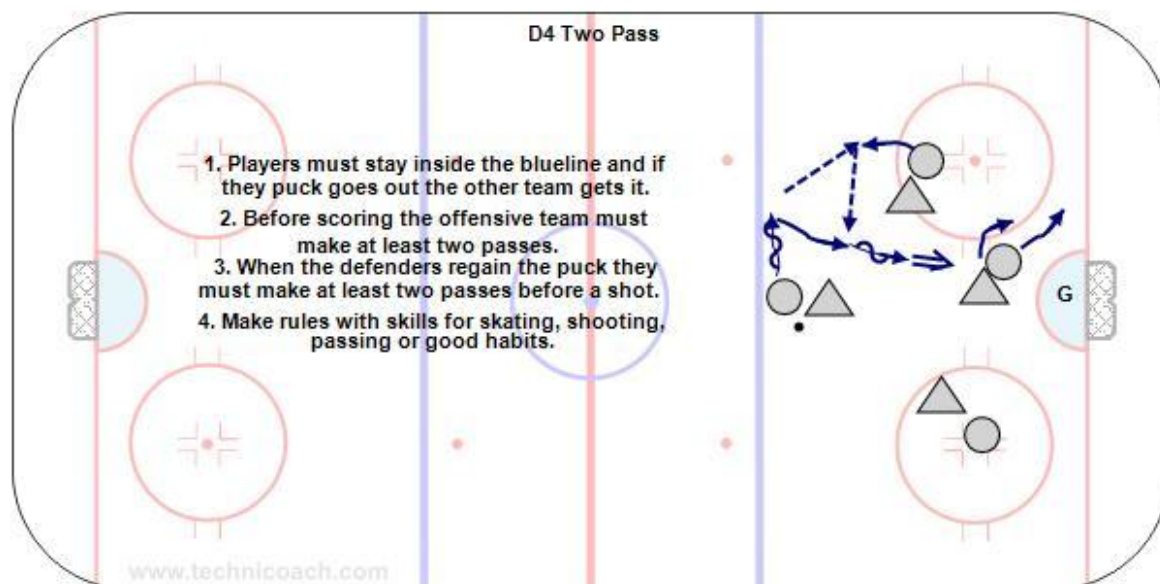
Key Points:

My favorite game to warm-up the players at the start of practice. The quicker they make the passes after regaining the puck the more scoring chances they produce. This video shows the Swiss U20 Team playing 2 Pass as a warm-up.

Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
 2. Before scoring the offensive team must make at least two passes.
 3. When the defenders regain the puck they must make at least two passes before a shot.
 4. Make rules with skills for skating, shooting, passing or good habits.
- So the game is a template to either use as itself or modify rules to cause the players to do skills or moves within a game situation.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120313082015545>



D4 Two Pass Game with only Forehand Passes

Key Points:

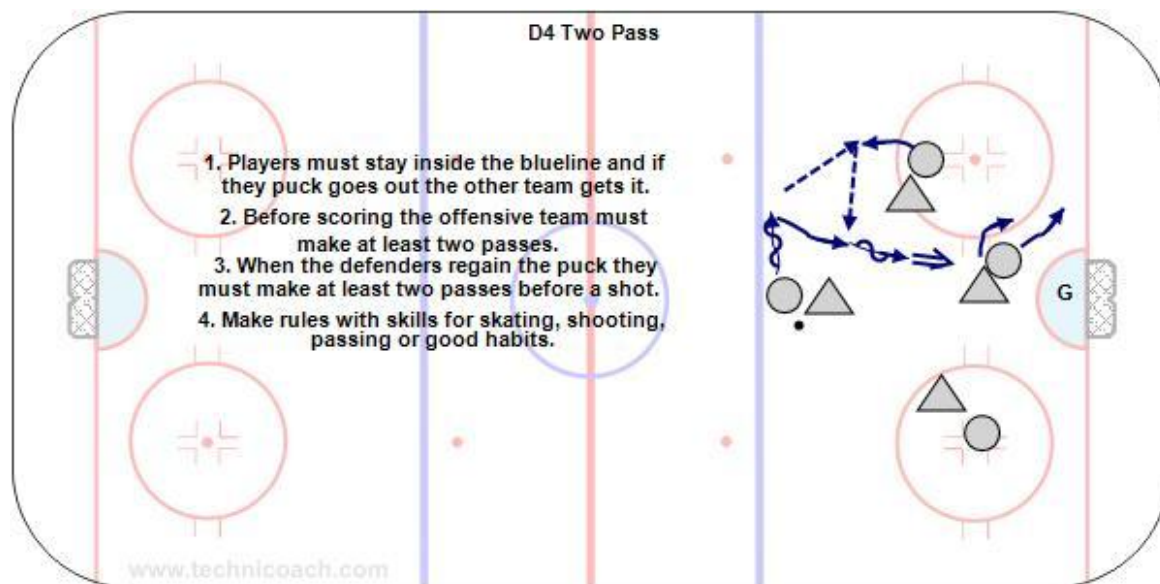
This game causes a few things to happen. Transition from puck carrier to pass support, checking the puck carrier to covering away from the puck happen very quickly. The puck carrier must use pivoting, escape moves and puck protection skills to pass on the forehand and everyone must face the puck and give a target.

Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.

In this game the rule is that you can only pass on the forehand. If a player does a back hand pass the other team gets the puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111005184904487>



D5 - Games of Two Pass with Jokers

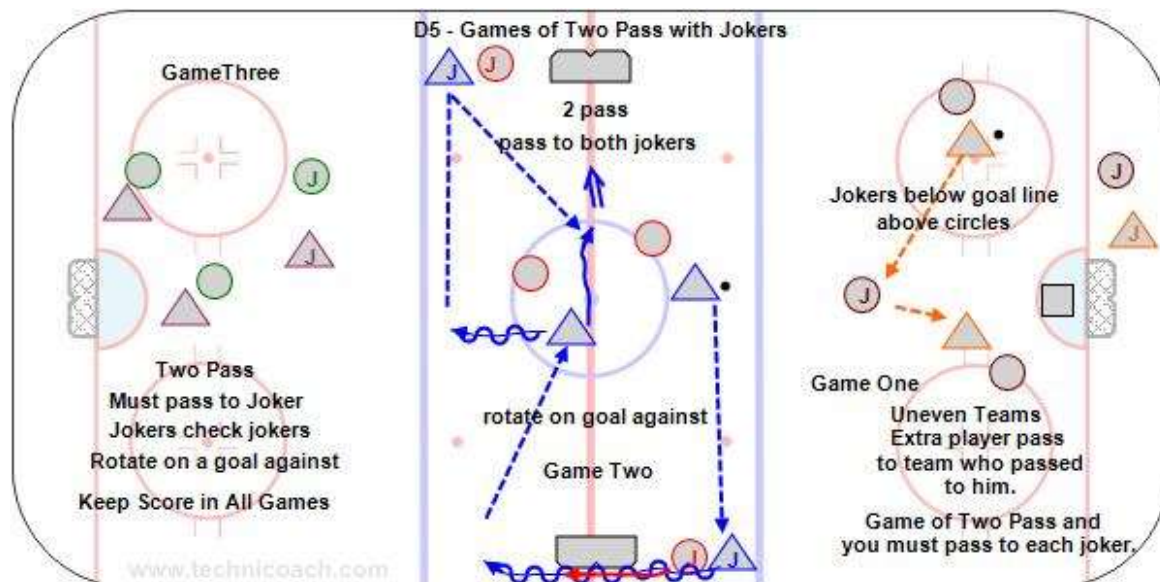
Key Points:

Keep score in all of the games. Change where the jokers are and allow jokers to check jokers. Rotate on goals against. Rotate areas each game.

Description:

1. Play two one goal games and one cross ice game.
2. Require that 2 passes are needed before shooting and the jokers must be passed to.
3. Players don't check jokers but cover a man.
4. Jokers can pass or shoot but can't skate past the line.
5. Use passing rules like only forehand, skating rules as only backward or on one foot, quickness rules like only one second with the puck or good habit rules such as goals must be on one-timers.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111021093048709>



D5 Keepaway Contests to Practice Skills and Good Habits

Key Points:

All 4 Game playing roles are practiced. Have rules like, only forehand passes, only backhand, an escape move before passing, 3 hard strides, one touch, 2 " only, all skate backward, hold the stick with only one hand, saucer passes. 5 or 7 passes = 1 point.

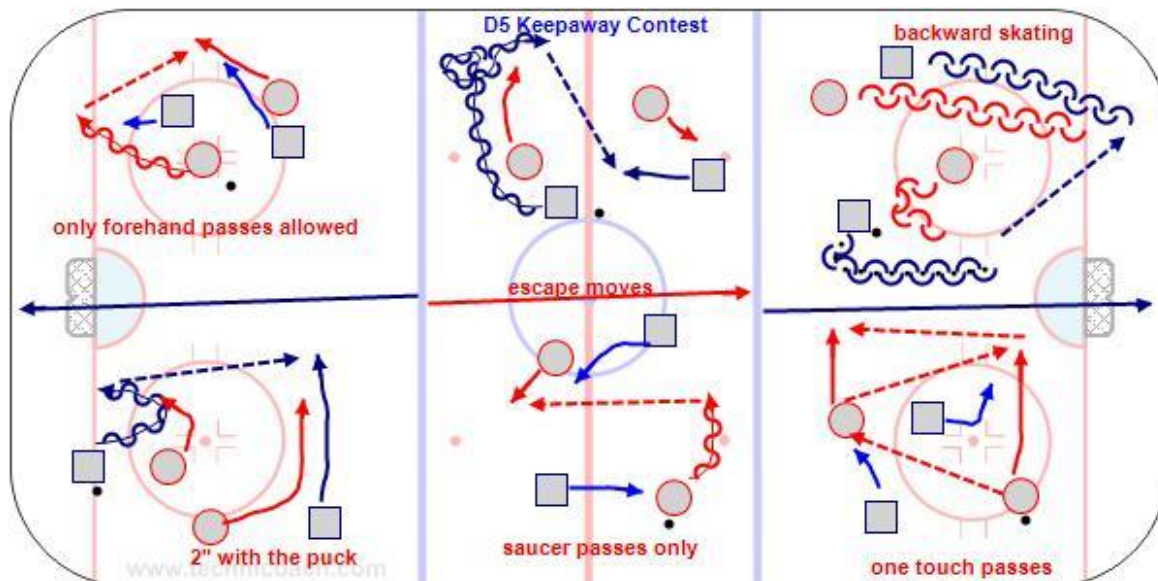
Description:

1. Groups have an area of the rink or else one group at a time has so many seconds to make as many passes as possible.
2. Good activity to warm up with if the goalies are working with a coach.
3. Use rules that include skating, passing skills, puck handling skills such as pivots.
4. Practice good habits like taking 3 hard strides when you get the puck or pass and get open.
5. Keep score and switch opponents. 1 point for every 5-7 passes.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090802114758734>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723161228746>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723183915331>



D5 Nets back to back with jokers

Key Points:

Jokers can only have the puck 1 second and then must pass or shoot. You can add that they must move sideways or back when they get the puck.

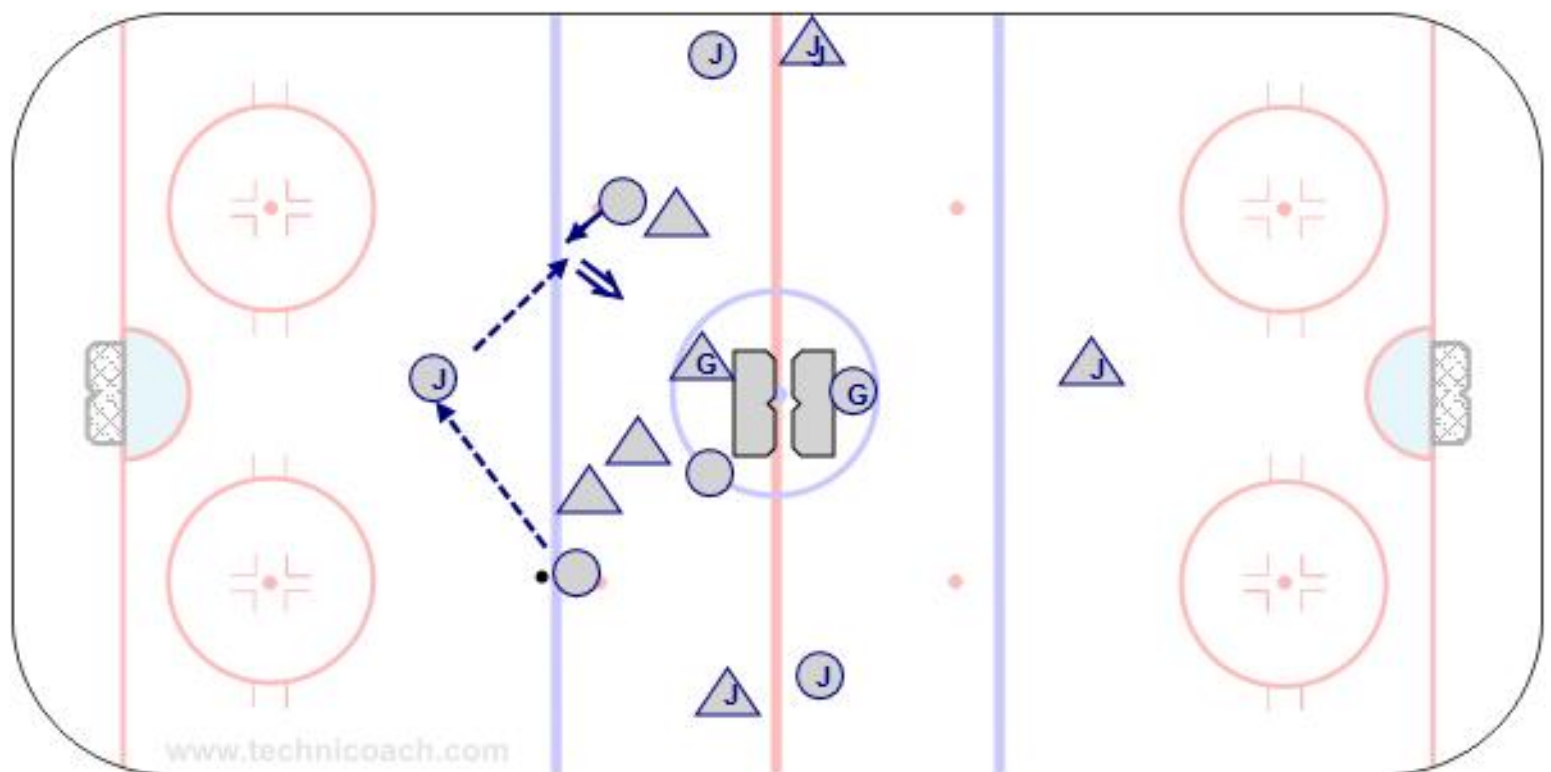
Description:

Place the nets back to back at the red line.

-Half the team play and half are jokers. Shifts 30".

-When the team gets the puck on defense they must pass to a joker before they can score. Jokers can move around on the perimeter.

If you have only one goalie then it is a great conditioning - skating drill for the goalie to play for both teams and skate around to the other goal.



D5 - 3 Small Area Games

Key Points:

It is important to learn to protect the puck and to transition between playing roles quickly. i.e. when you pass you get open right away and not stand there or when you lose the puck you find someone to cover.

- Also hustle out when the whistle goes.
- Pass the puck to the coach or a teammate on the whistle instead of leaving it in the zone.

Description:

Game One; Tight low battles

1. Coach dump the puck in.
2. Players race in and battle for the loose puck and try to score.
3. When defenders regain the puck they must pass to the coach to go onto offense and they practice role 2 getting open and defenders role 4 covering away from the puck. No one checks the coach who is the joker who can shoot or pass back to the team who passed to him.
4. Play 20" and hustle out on the whistle and pass to the coach who dumps it in when everyone is out.
5. This is a great game to work on the cycle and low D zone coverage.

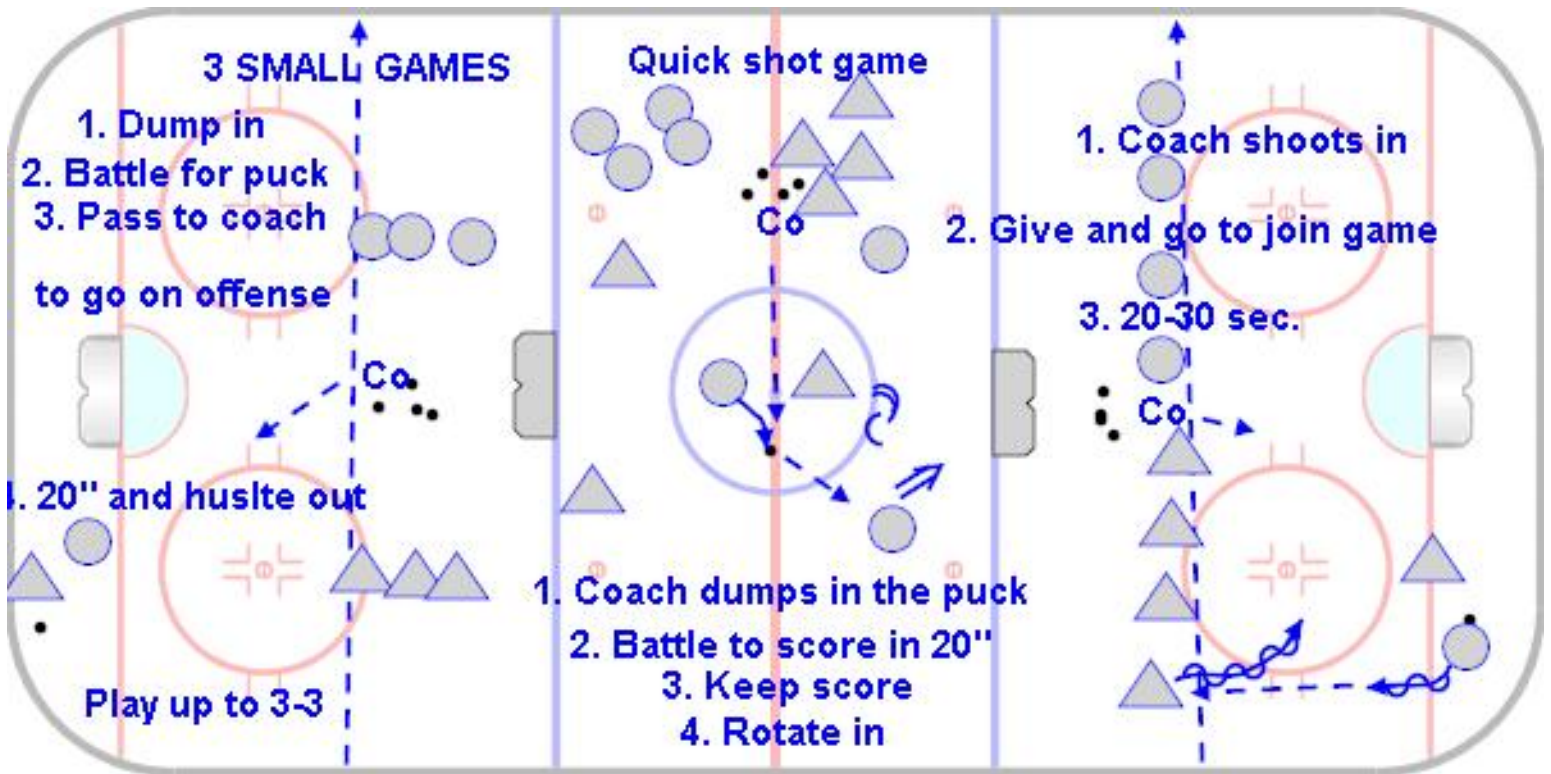
Game Two; Quick Shot Game or Power Play Game

Place the nets on the bluelines (or in a zone if only half ice). It is 3 on 3 with 2 players on each team in the offensive end and one in the defensive end.

1. Coach dumps the puck in the middle and they battle for the puck.
2. Play for about 20" with the coach putting in a new puck on goals or missed nets.
3. Keep score.
4. Rotate new players in on the whistle.

Game Three; Low Battle with Players Joining After a Give and Go

1. Coach dumps the puck in or shoots.
2. Players battle for the puck 1 on 1.
3. Teammates can join the attack when they make a give and go with the active players.
4. Play about 30 seconds.
5. As in all games keep score up to something like 3 for a win and play a 2 of 3 series.



D6 and D7 Games

Key Points:

Rink is divided lengthwise and full ice, one zone or half ice games or drills are possible.

Description:

Ice divided into two full length areas.

- 5 minute game of soccer on one side and ringuette on the other with everyone playing. After 5 minutes switch the soccer and ringuette ball and ring.

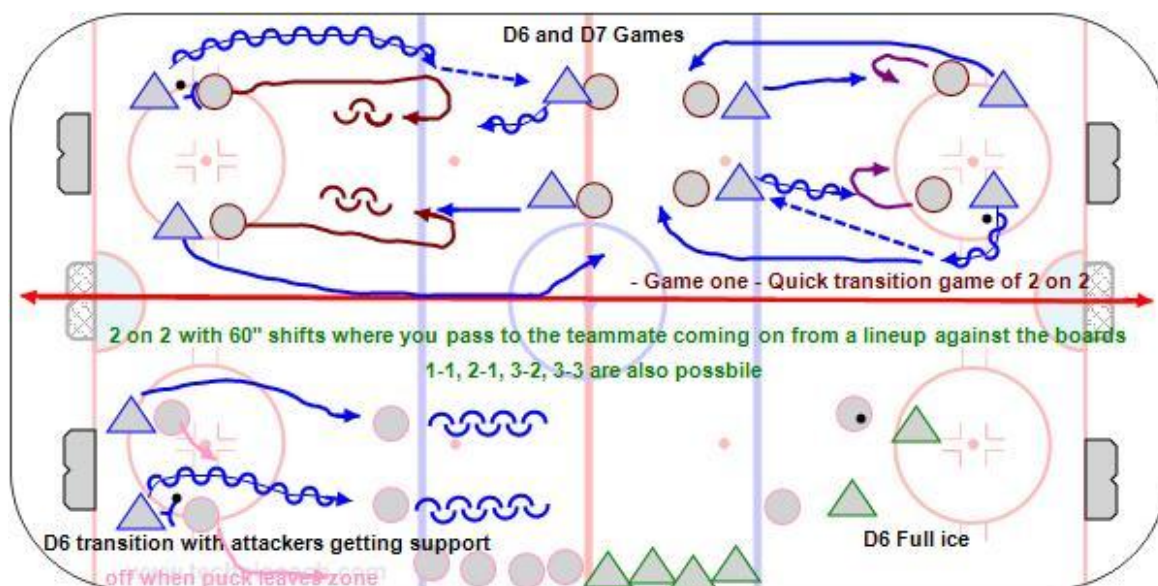
- 1 on 1' on both sides. We started with a quick review of how to play a defensive 1-1 and stay on the D side, eyes up, elbow back.

- Drill - Attacker and defender both leave from the red line and skate back to their blueline and then forward. The attacker keeps going toward the opposite net and the defender must tighten his gap skating forward and then do a transition to backward skating and stay on the D side. When they cross the blue line the next two start and attack the other net.

- 2 on 1 - Now 2 attackers skate back to the blueline and forward vs one D who does the same thing in the opposite direction.

- 2 on 2 game of 60"

- 3 on 2 game of 60" with the teams alternating between sending 2 and then 3 players.



D6 Game Formation – Variations

Key Points:

The ice can be divided into two halves lengthwise which creates more speed and allows full ice drills and games on each side.

Description:

B6 is the basic formation with a net on each side of the ice on the goal lines at each end.

B6 Variation One

- One net on the goal line lined up with the other net on the far blue line.

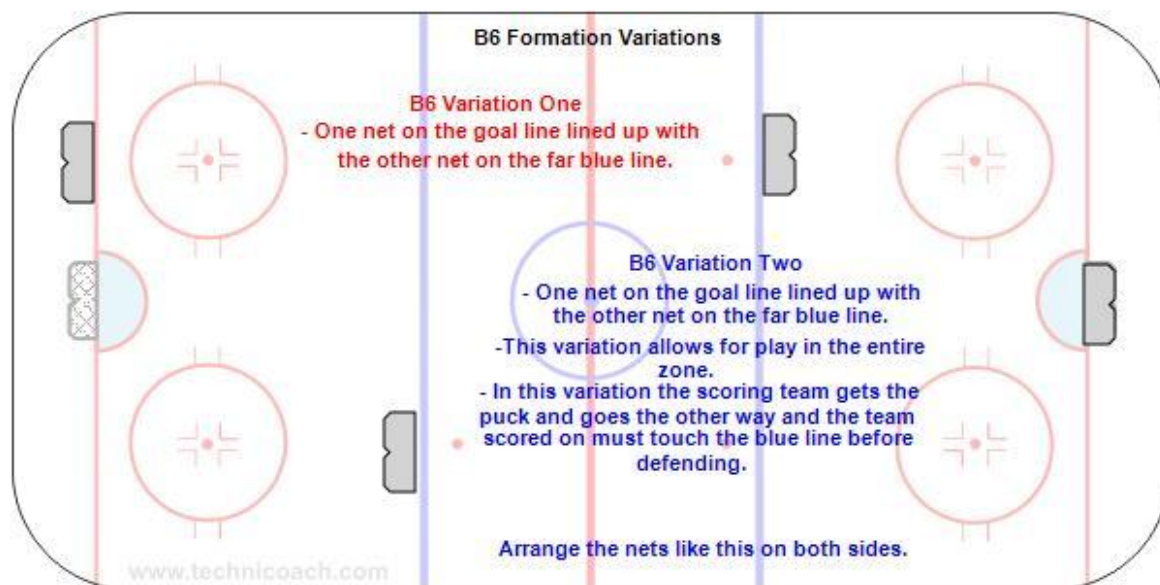
B6 Variation Two

- One net in the goal crease at one end and the other net lined up with the face-off dot at the far blue line.

-This variation allows for play in the entire zone.

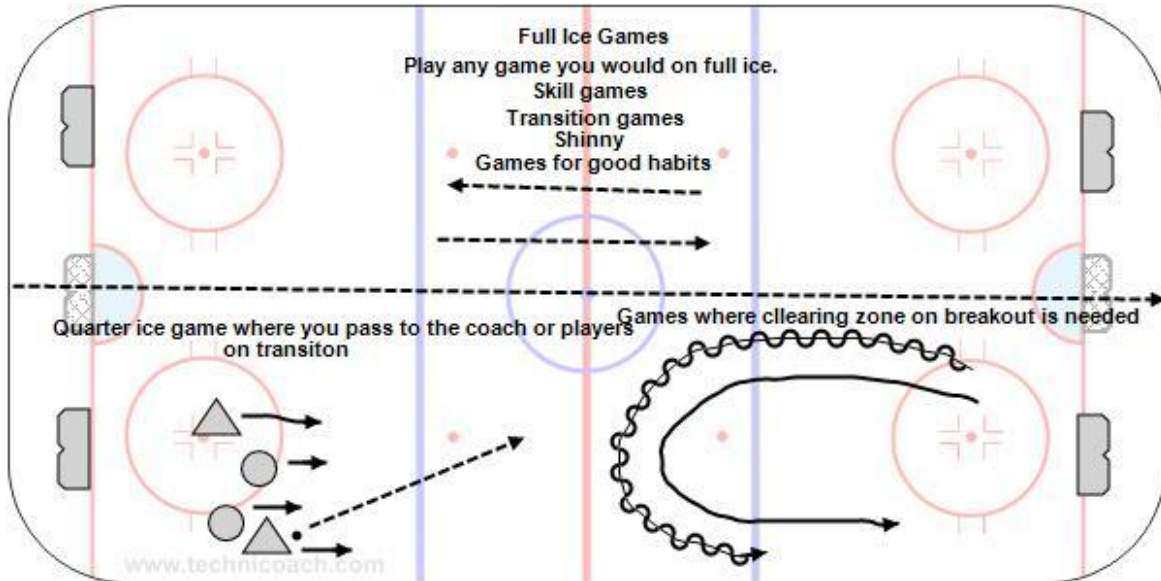
- In this variation the scoring team gets the puck and goes the other way and the team scored on must touch the blue line before defending. Use either Variation A or Variation B or you could combine them. Variation B gives a full zone to attack and defend in at each end.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=92>



Basic D6 Formation and D7

By dividing the ice down the middle you have the option of doing games and drills full ice, in one zone, 2-3-4 games at once or games and drills at the same time.



D6 Games - Two Full-ice Games at Once

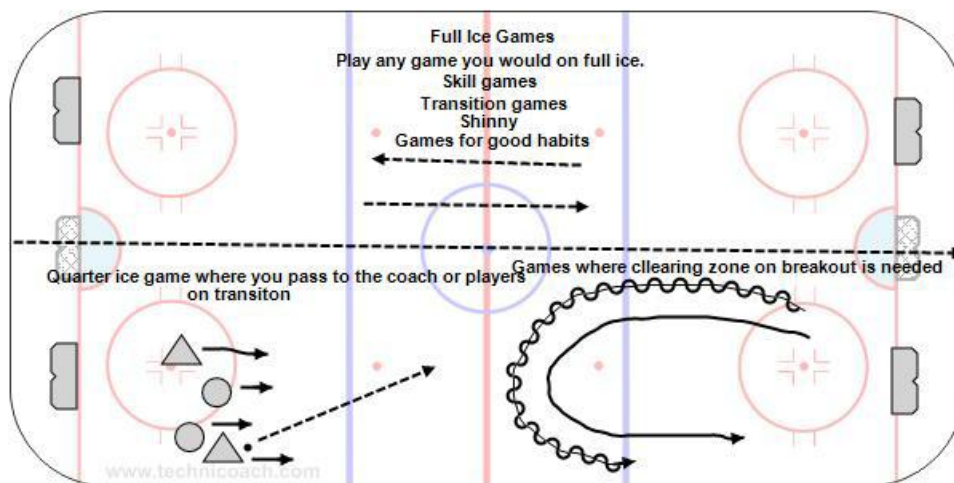
Key Points:

Use one net at each end and rink dividers make is safer but not necessary. In Europe they offer lie down boards 4x4 to divide sections of the ice. (hollow inside and easy to store)

Description:

1. When you play full length of the ice you can use every game you would on the entire rink.
2. Using one quarter ice games at each end allows you to do skill and transition games.
3. Two full length drills and two games are all possible using the D6 Formation.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120418100540886>



D9 - 4 Teams x 4 Nets

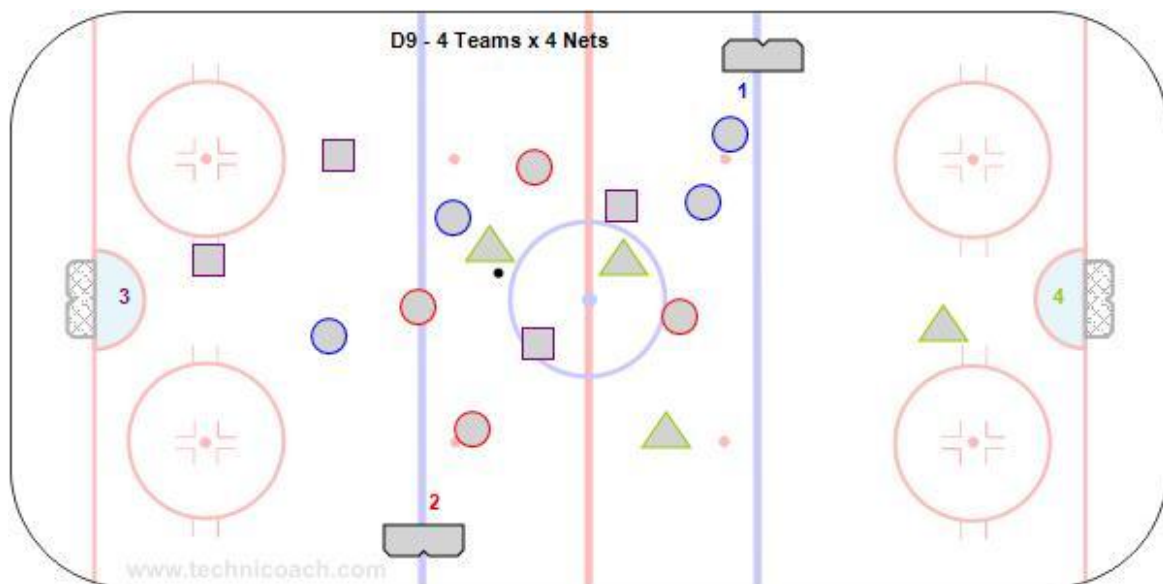
Key Points:

Keep your head on a swivel so you can read where the next play is going. Skate to open ice with the puck and look to pass.

Description:

1. Use four nets. One at each end and one at diagonal blue lines.
2. Divide the players into four teams.
3. Each team defends one net and can score on the other three.
4. Allow the defending team 5 metres to take the puck out of their net when scored on.
5. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120318093412931>



D100 - T2-4 – Full Ice Specialty Team Practice

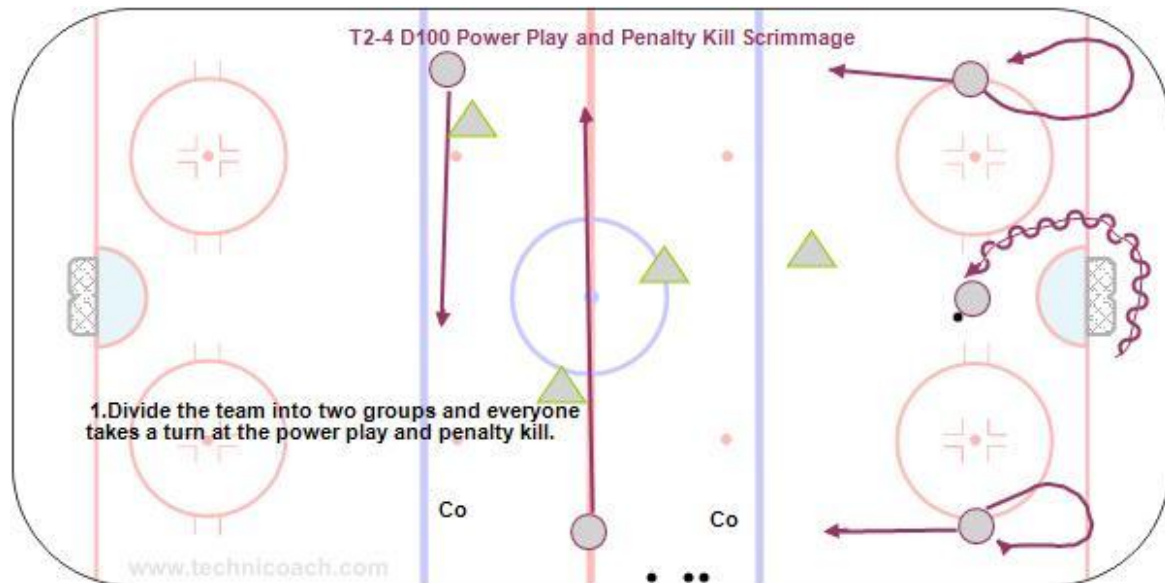
Key Points:

Practice the breakout, neutral zone entry, attack, forecheck and power play set up. The penalty killers practice the forecheck, and defensive zone coverage. It is great if you can get another team to practice with you and take turns with 5 min. power plays each in all situations and have a few minutes between each situation to review your systems with the players.

Description:

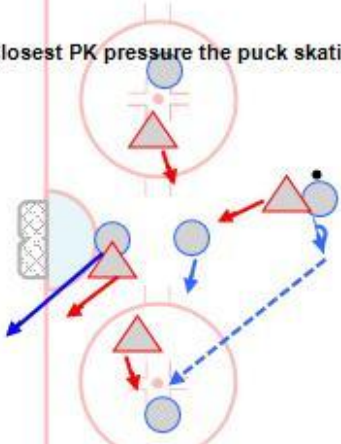
Divide into two teams with the extra players on the bench. If possible have someone run the score clock to make it game like.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090802114800166>



T D100 Specialty Team Practice

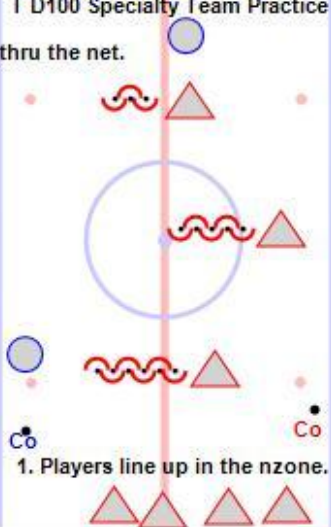
3. Closest PK pressure the puck skating thru the net.



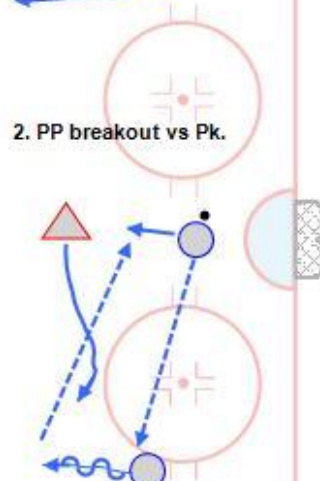
4. Coach put in another puck

www.technicoach.com

1. Players line up in the nzone.



2. PP breakout vs Pk.



D100 Breakout PK and PP

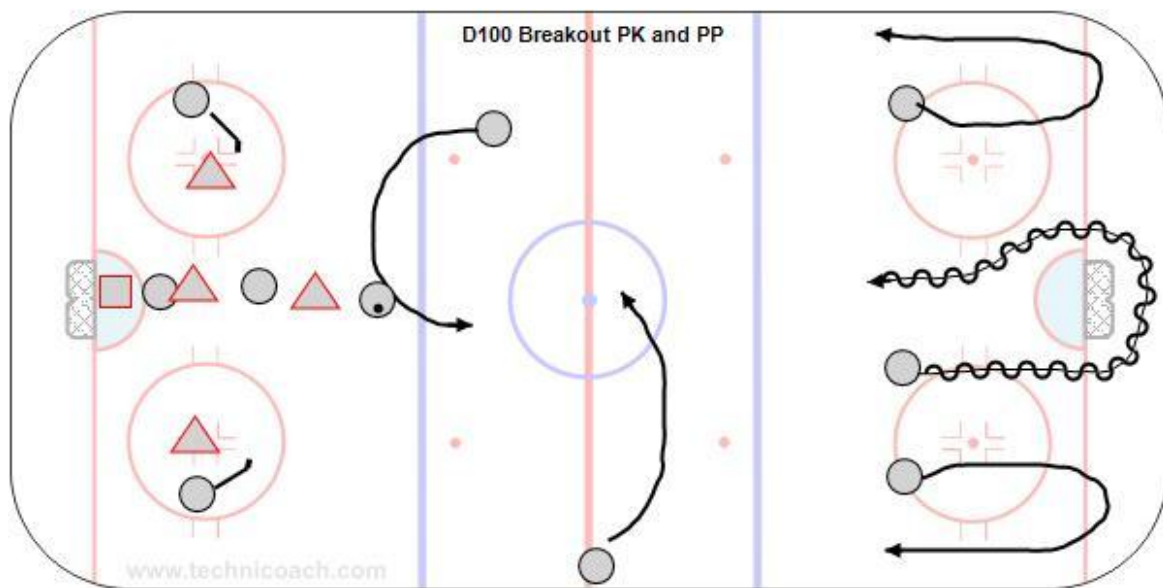
Key Points

Fill the 3 lanes on the controlled breakout with one player stretching to the far blue line and the other in the middle. Always outnumber the defenders on a shoot-in.

Description

1. Coach dumps the puck in use a double swing with two stretching.
2. Move the puck to an open player who carries in the zone or rims the puck hard.
3. Forecheckers must outnumber the pk on loose pucks.
4. The pk pressure the puck at an angle thru the net and not from the side.
5. PK rotate the diamond box always denying a shot from the middle and having one defender in front.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090822223028594>



D100 Game with One Goalie - Alternate Ends

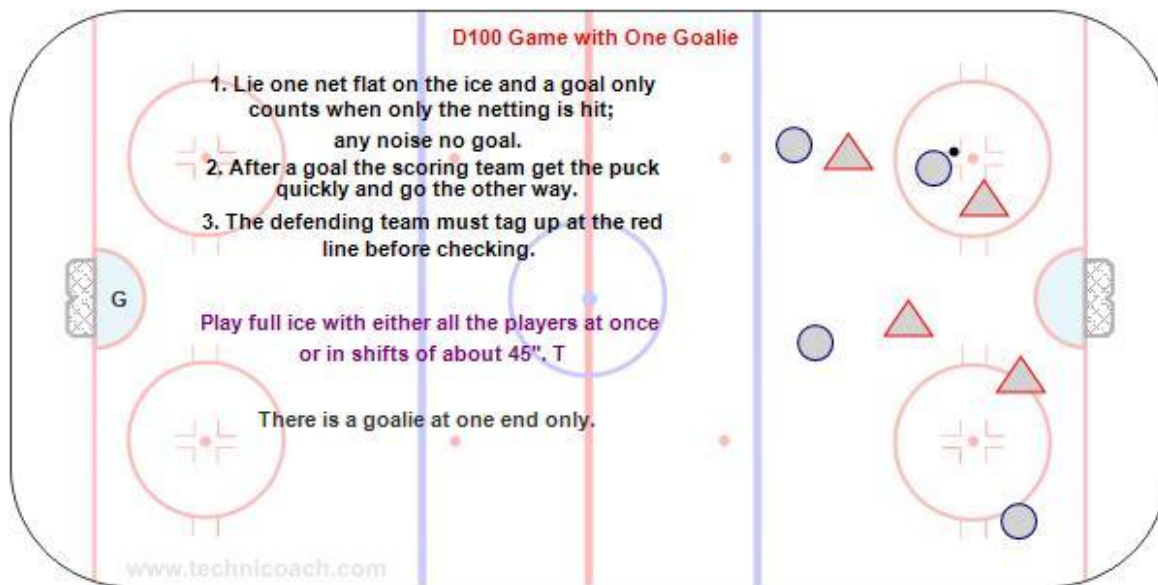
Key Points:

Insist on good habits. It is possible to have modified rules like at least one pass in each zone or goals must be on give and goes. Play full ice with either all the players at once or in shifts of about 45". There is a goalie at one end only.

Description:

1. Lie one net flat on the ice and a goal only counts when only the netting is hit; any noise from a pipe and no goal. Small nets, shooter tutor or hit posts is also possible.
2. After a goal the scoring team get the puck quickly and go the other way.
3. The defending team must tag up at the red line before checking.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20130216093006572>



D100 Specialty Team Scrimmage

Key Points:

In order to create the various situations that happen in a hockey game, play 5-on-5 and have players from one or both teams wait in the neutral zone. Extra players are on the bench.

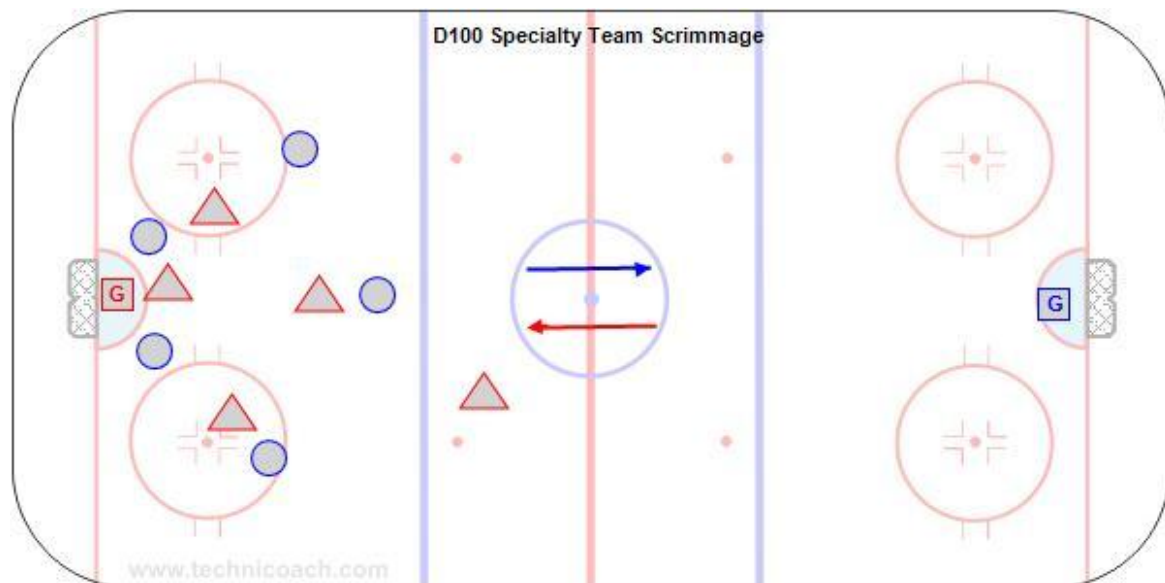
Description:

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.

- 5-4 last forward back stay in nzone.
- 5-3 last two F or one F and one D stay.
- 4-4 one from each team in nzone.
- 4-3 one attacker and two defenders stay.
- 3-3 two from each team.

Practice the stretch pass and player coming out of the penalty box by passing to the player in the neutral zone.

Have players change on their own or if you have at least 20 skaters use the whistle. This can be a free flow or controlled scrimmage.



D100 Total Hockey 1-1 to a 3-2

Key Points:

The support can be either passive or active.

Once the new players are in the neutral zone the original players go back to line; unless a regroup is added.

Description:

D100 formation along the boards in the nzone.

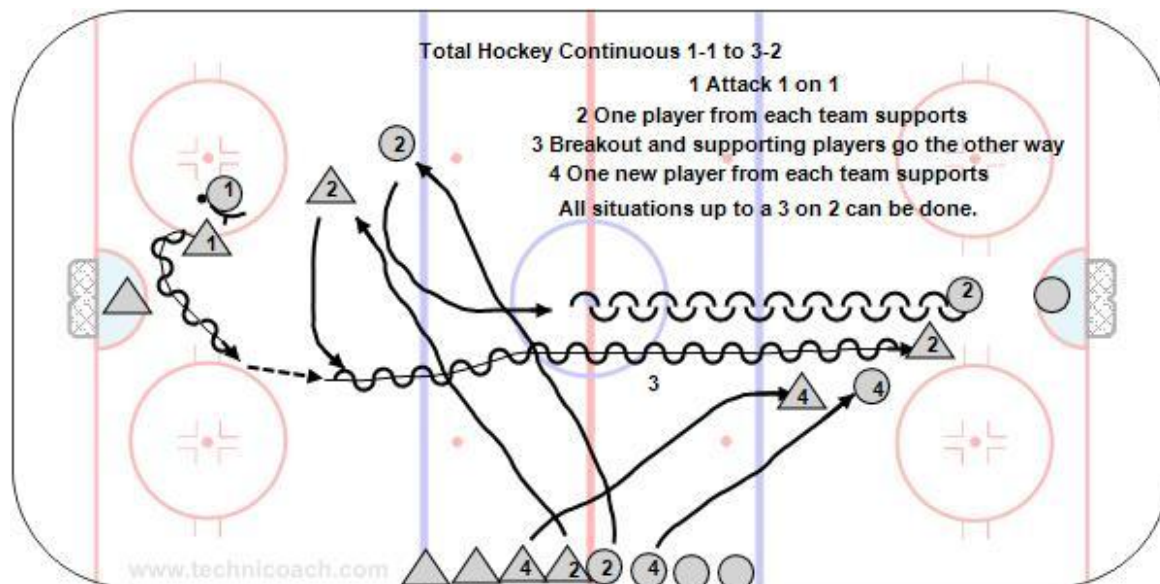
Start with a 1-1 and when the puck crosses the blue line each player gets support from the lineup on the boards. Various situation up to a 3-2. i.e. A 2-1 thru the nzone with the defender getting 2 and attacker 1 supporting player makes a 2-1 in nzone and 3-3 at each end.

Change the supporting players to create various situations.

Players learn to play in all situations offensive and defensive situations.

The game can also be played using designated positions.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090726102316489>



D100 Two 1 on 1 Games at Once

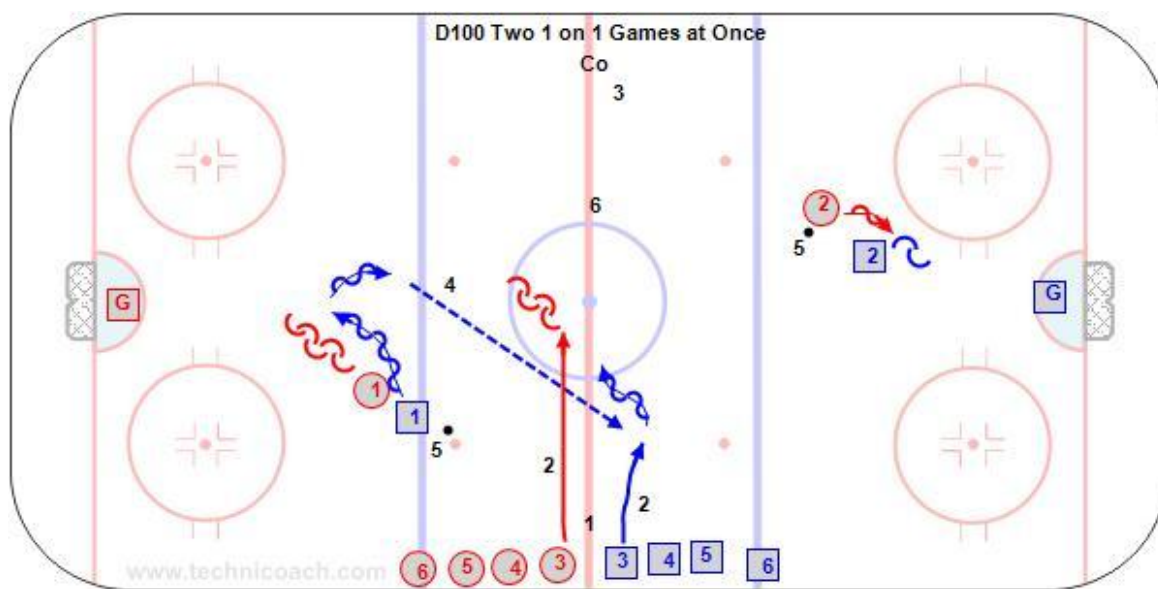
Key Points:

One coach should watch that the players won't collide. It is important to look behind and for the player with the puck to skate away from oncoming players. This is a great game for 1-1 and conditioning.

Description:

1. Players line up along the boards one group on each side of the red stripe.
2. One player of each team leave every 15".
3. Coach blow whistle each 15" and players play for 2 whistles (30")
4. Pass to a teammate when the second whistle blows.
5. Only two pucks on the ice and get the puck out of the net after a goal.
6. After scoring touch the red line before defending.
7. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719153346728>



D100 Two Second Game

Key Points:

Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

Description:

1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.
2. Play 45" shifts and pass back to your goalie when the coach whistles for a change.
3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
4. Possession from first touching the puck for over 2" leave the puck for the other team.
5. Encourage talking, facing the puck, always give a target.

*Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have a consequence.



D200 1-1 Pass to Line on Transition

Key Points:

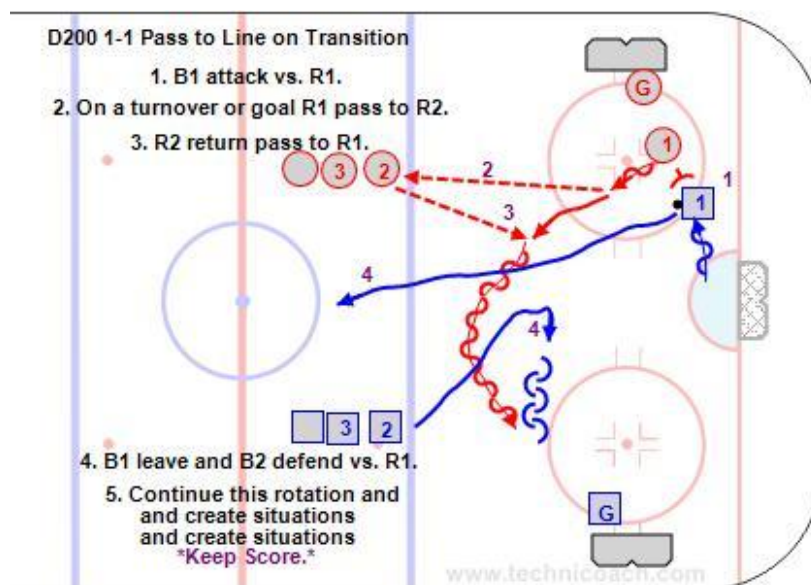
Defender coming on play a tight gap. Attacker use quick moves and get a shot on the net and follow for a rebound.

Description:

1. B1 attack vs. R1.
2. On a turnover or goal R1 pass to R2.
3. R2 return pass to R1.
4. B1 leave and B2 defend vs. R1.
5. Continue this rotation and create situations from 1-1 to 3-3.

Keep Score.

<http://www.hockeycoachingabcs.com/mediagallery/album.php?aid=4&page=1>



D200 2-2 Shoot Either Net – Flames

Key Points:

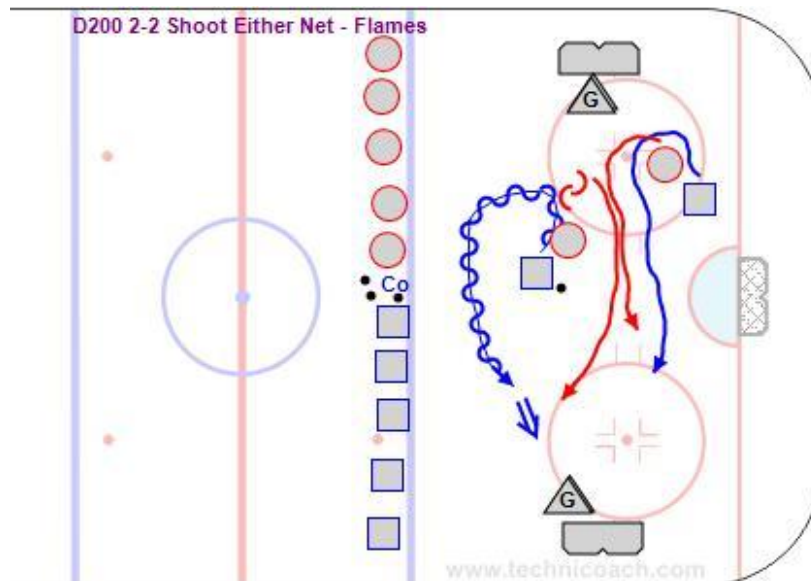
Quick reading the rush and change the point of attack. Need quick feet and quick thinking. Get defenders to commit then change direction. No reaching penalties.

Description:

1. Two teams on blue line with one at each half.
2. Play with only one puck in the playing area.
3. Players can score at either end.
4. Keep score.

*Alternative is to play from 1-1 to 5-5 with the same rule that you can score on either net.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120717094107392>



D200 2-2 Shoot Either Net – U18F

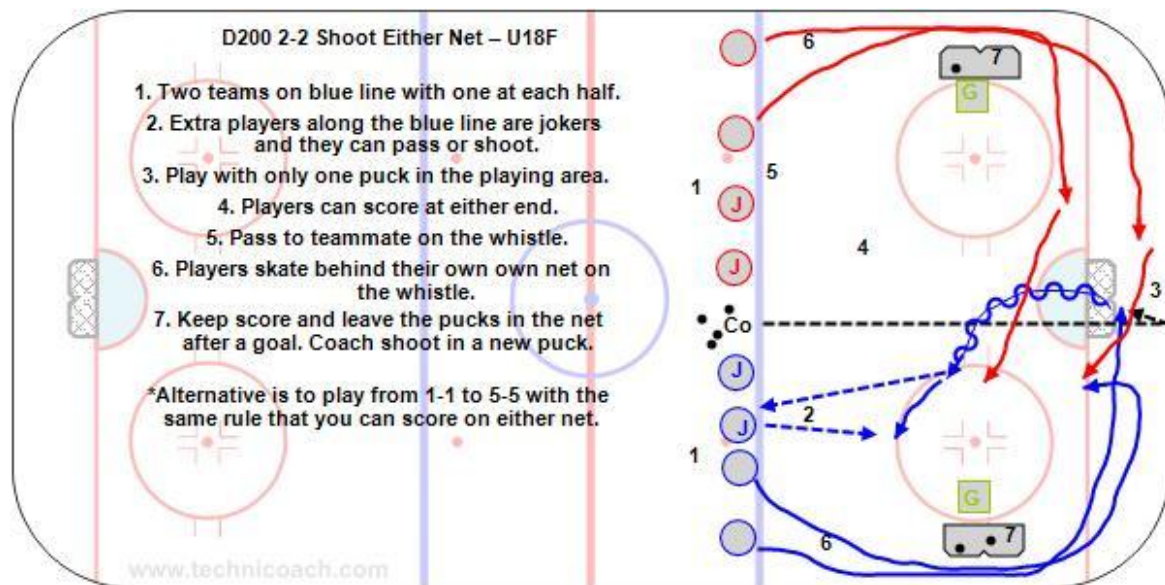
Key Points:

Quick reading the rush and change the point of attack. Need quick feet and quick thinking. Get defenders to commit then change direction. No reaching penalties.

Description:

1. Two teams on blue line with one at each half.
 2. Extra players along the blue line are jokers and they can pass or shoot.
 3. Play with only one puck in the playing area.
 4. Players can score at either end.
 5. Pass to teammate on the whistle.
 6. Players skate behind their own net on the whistle.
 7. Keep score and leave the pucks in the net after a goal. Coach shoot in a new puck.
- *Alternative is to play from 1-1 to 5-5 with the same rule that you can score on either net.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130213165527958>



D200 2-2 with One Joker on Each Side - Finnish U17

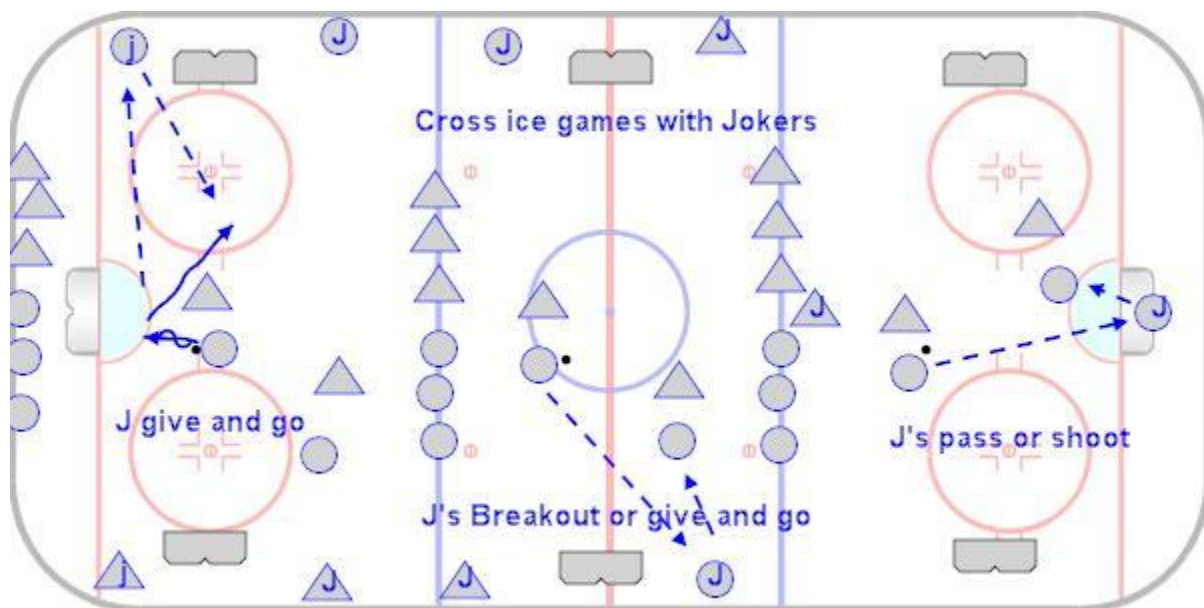
Key Points:

Players on the sides stay in the ready position and keep the puck in play. Only use one puck as multiple pucks are dangerous when stepped on. Play about 20”.

Description:

Cross ice game of 2-2 with one Joker from each team on the side. Extra players on the blue line keep the puck in. Rotation is: Jokers activate with one new player and the second new player becomes a Joker.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=93>



D200 3-3 Coaches Jokers – Swiss U20

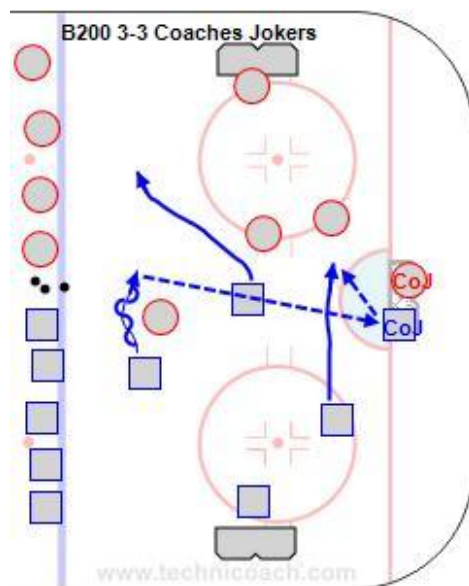
Key Points:

Jokers can only pass and shoot. One coach is a joker for each team. Face the puck, do everything quickly and create offensive 2-1's.

Description:

1. Play cross ice 3 on 3. 20-30 second shifts.
2. Use only one puck unless it is shot out or in the net.
3. Passes to Jokers are allowed.
4. Change on the whistle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120306173701201>



D200 3-3 with 3-2-1 Pucks

Key Points:

- Players can only shoot when the goalie is ready.
- No empty net goals.
- Situation continually changes as goals are scored and players have to read odd and even man numbers.

Description:

1. Players line up outside the blue lines.
2. Coach shoots in 3 pucks.
3. Players race for pucks and battle to score and defend.
4. Leave puck in the net after a goal and play with 2 pucks then 1 puck.
5. Pass pucks remaining to teammates on whistle.
4. Hustle out of the zone on the whistle and play 20-30 seconds only.
6. Count the pucks in the net after to determine the winning team.

*Option is to pass to teammates on the blue line. Another option is to skate behind the nets to start.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005185636266>



D200 3 on 3 With 3 Pucks

Key Points:

- Players can only shoot when the goalie is ready.
- No empty net goals.

Description:

1. Players line up outside the blue lines.
2. Coach shoots in 3 pucks.
3. Players race for pucks and battle to score and defend.
4. Hustle out of the zone on the whistle and play 20-30 seconds only.
5. Leave the puck in the net after a goal is scored.
6. Coach shoots in another puck when a goal is scored.
7. Count the pucks in the net after to determine the winning team.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201110060922424>



D200 Angling game

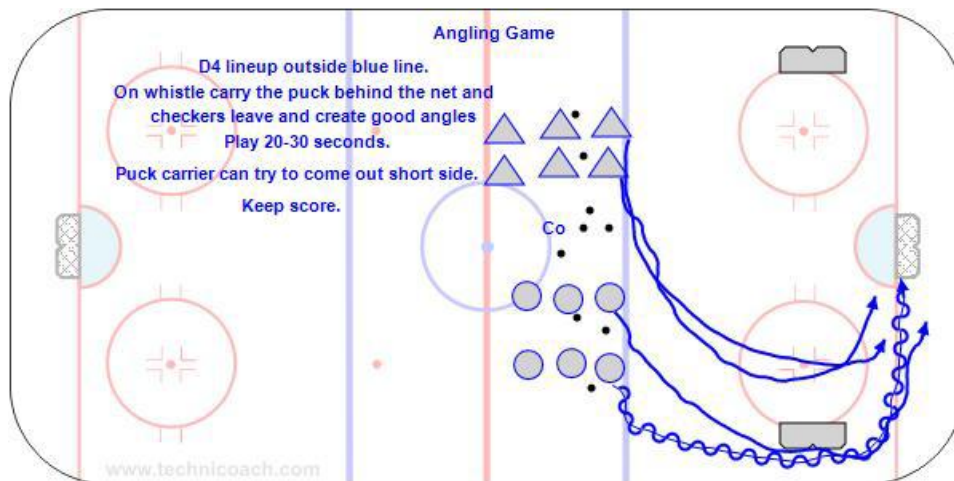
Key Points:

Checkers create an angle on puck carrier and take away their time and space with body on puck.

Description:

1. D200 lineup outside blue line.
2. On whistle carry the puck behind the net and checkers leave and create good angles.
3. Play 20-30 seconds.
4. Puck carrier can try to come out short side.
5. Keep score. Play to a certain score and losing team do something like push ups. Play a short series.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005185904685>



D200 Coach Call Options - U22

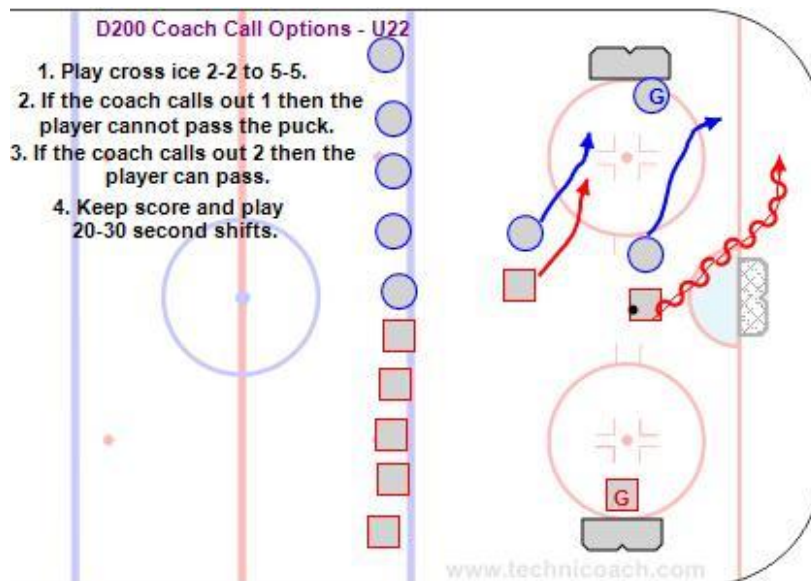
Key Points:

Player with the puck must protect it or make plays depending on the number the coach calls. The player without the puck either gets open for a pass or sets picks and screens to support the puck carrier.

Description:

1. Play cross ice 2-2 to 5-5.
2. If the coach calls out 1 then the player cannot pass the puck.
3. If the coach calls out 2 then the player can pass.
4. Keep score and play 20-30 second shifts.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109165327614>



D200 Cross Ice Game 1-1, 2-2

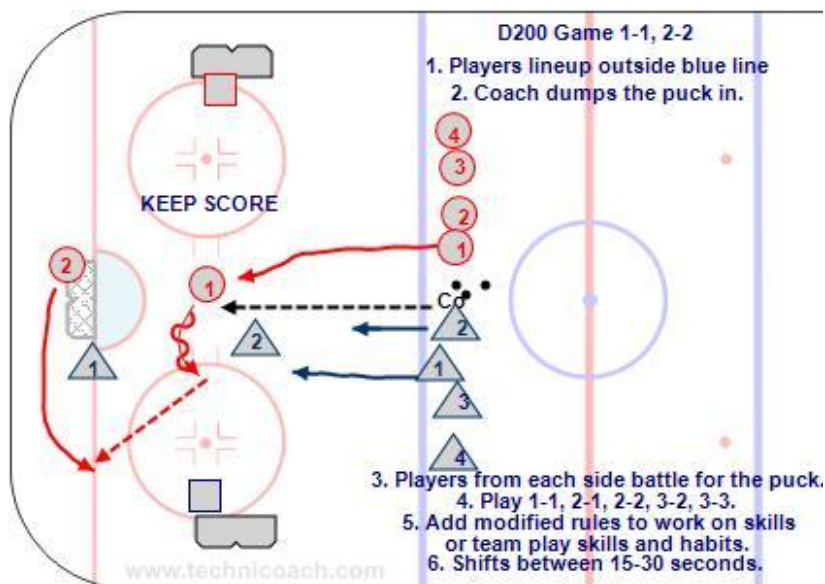
Key Points:

Practice all 4 game playing roles in cross ice games. A 1-1 practices role 1, player with the puck vs. Role 3, player checking the puck carrier. 2-2 adds Role 2, player getting open for a pass and Role 4, player covering away from puck. Keep score use short shifts.

Description:

1. Players line-up outside blue line.
2. Coach dumps the puck in.
3. Players from each side battle for the puck.
4. Play 1-1, 2-1, 2-2, 3-2, 3-3.
5. Add modified rules to work on skills or team play skills and habits.
6. Shifts between 15-30 seconds.
7. KEEP SCORE

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090817103544663>



D200 Cross Ice Game of 1 on 1

Key Points:

Offensive player use moves, change of pace, etc. to try and score.

Defensive player maintain defensive side with a tight gap.

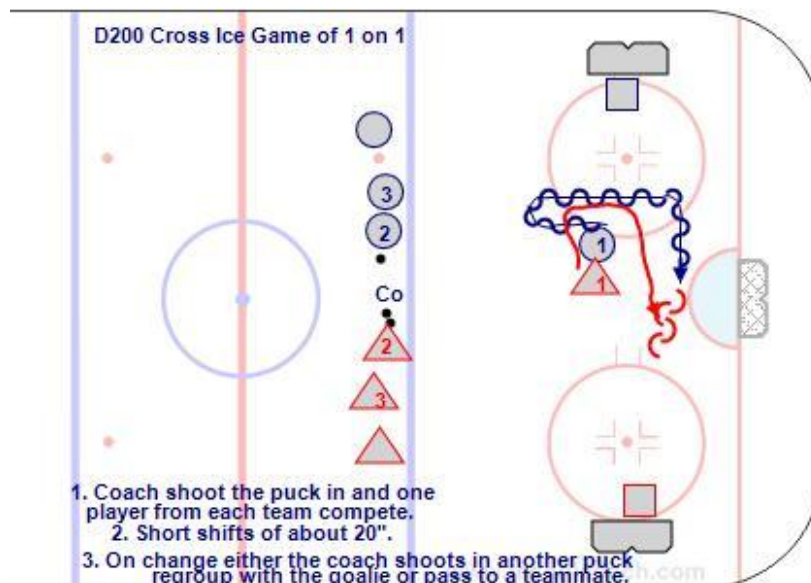
Description:

1. Coach shoot the puck in and one player from each team compete.
2. Short shifts of about 20".
3. On change either the coach shoots in another puck, regroup with the goalie or pass to a teammate.

Cross ice game of 1-1 to work on:

- a. Role One the player with the puck - puck protection, escape moves, shooting quickly, rebounds.
- b. Role 3 the player checking the puck carrier - always stay on the defensive side, maintain tight gaps, stick on the puck, tie up the stick on the rebound and transition to offense.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090817103540217>



D200 Cross Ice Games with Jokers

Key Points:

Jokers can only pass or shoot and cannot join the attack. Defenders don't check the jokers but cover the pass receivers. To make it more gamelike the jokers must move when they get the puck instead of just standing there.

Description:

Play cross ice with the extra players lines up on the sides.

Game One

Jokers behind the offensive net must be passed to before shooting. Great for give and go as well as one timer practice.

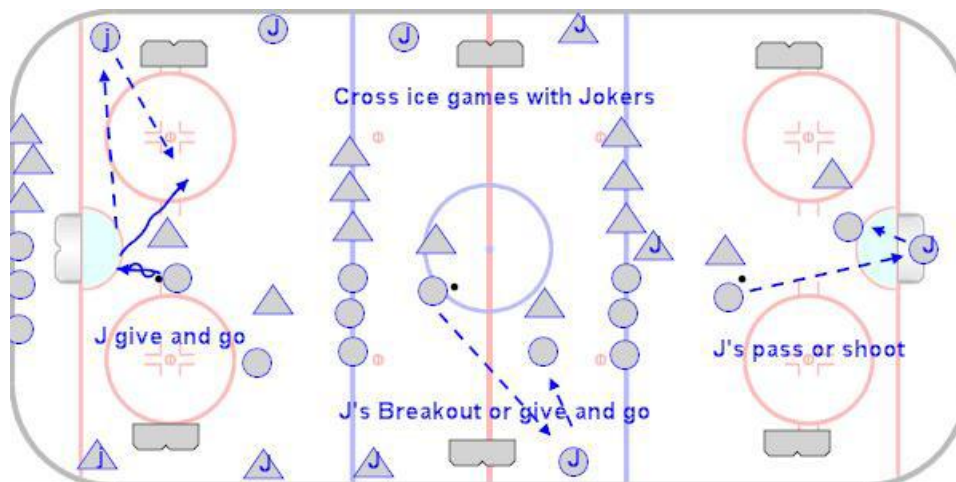
Game Two

When the defending team gets the puck they must regroup with the jokers behind their net. Use one or two jokers and practice the breakout. Jokers may pass to each other.

Game Three

Jokers on the side can be passed to and must return the pass or shoot. This is great for puck support as well as the defenders covering pass receivers.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072320283431>



D200 Cross Ice Uneven Situations

Key Points:

Play 1-2, 1-3, 2-3 to work on both offensive and defensive out number situations.

Stress good habits and moving the puck to a player in better position.

The coach can also implement modified rules to create situation. i.e. goals must come from one timers.

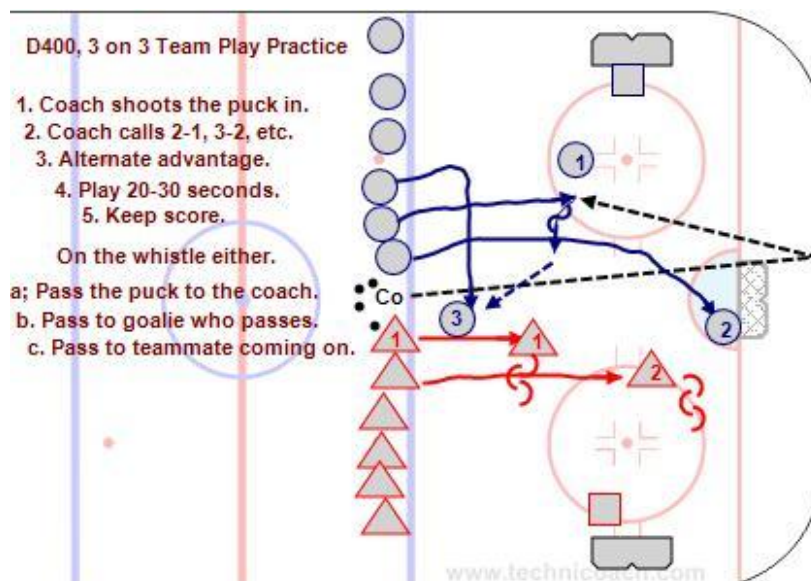
Description:

1. Coach shoots the puck in.
2. Coach calls 2-1, 3-2, etc.
3. Alternate advantage.
4. Play 20-30 seconds.
5. Keep score.

On the whistle either.

- a. Pass the puck to the coach.
- b. Pass to goalie who passes to a team mate coming on.
- c. Pass to team mate coming on. You could also simply leave the puck.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090802114759629>



D200 Game Nets back to back with Jokers

Key Points:

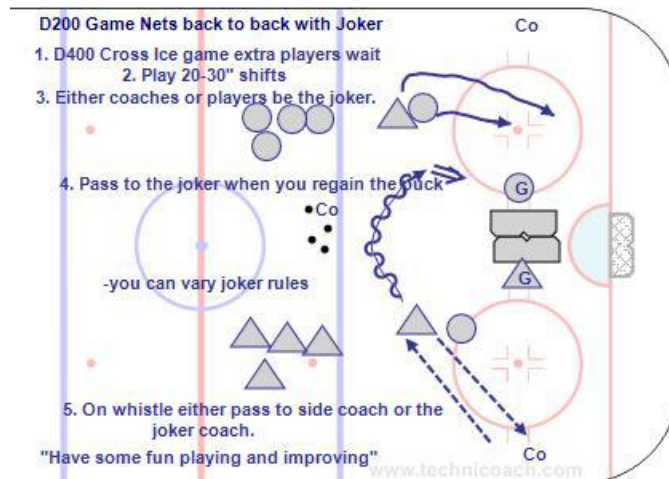
Transition from one role to another. Jokers can only hold the puck 1-2".

Description:

1. D200 Cross Ice game extra players wait outside the blue line.
2. Play 20-30" shifts
3. Either coaches or players be the joker or you can have all of the players around the playing area and they are jokers.
4. Pass to the joker when you regain the puck.
-you can vary joker rules
5. On whistle either pass to side coach or the joker coach or better pass to your teammate coming on and become a joker.

"Have some fun playing and improving"

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=2012052310414296>



D200 Game with Jokers below the goal line

Key Points:

Work on give and go and getting open.

Defenders intercept passes and tie up sticks on the rebounds.

Goalies control rebounds.

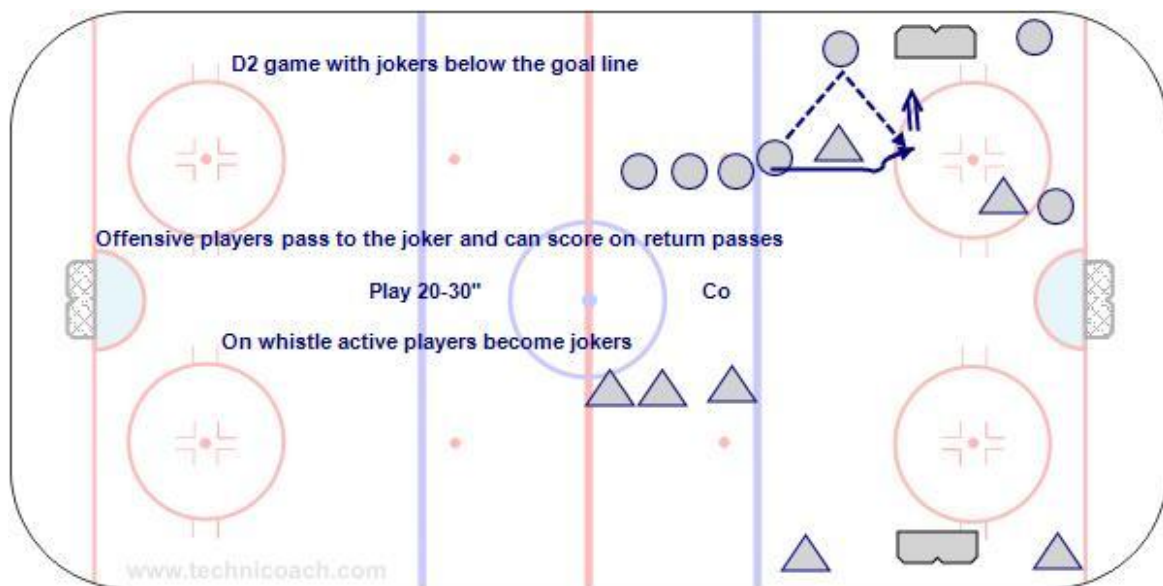
Description:

Play for twenty to thirty seconds and the offense must pass to a joker and get a return pass before scoring.

Great game to work on puck support (role 2) and defensive support.(role 4)

mediagallery/media.php?f=0&sort=0&s=2008072320283431

 [D200 Game with Jokers below the goal line.jpg](#)



D200 Game with Various Situations

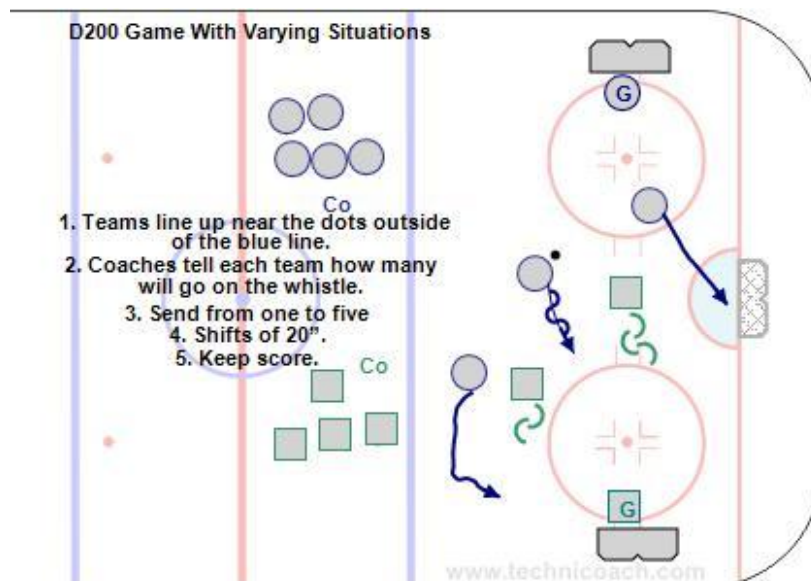
Key Points:

Players must be alert to the changing situations from one to four opponents and communicate with each other. Only use one puck and pass to team mates on the whistle. Extra pucks can be dangerous when stepped on and hockey is played with one puck.

Description:

1. Teams line up near the dots outside of the blue line.
2. Coaches tell each team how many will go on the whistle.
3. Send from one to five, depending on how many are at the practice.
4. Shifts of 20".
5. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/album.php?aid=4&page=1>



D200 Keepaway U22

Key Points:

Role One - the player with the puck must protect it and skate to open ice.

Role Two - player without the puck must get open and give a target.

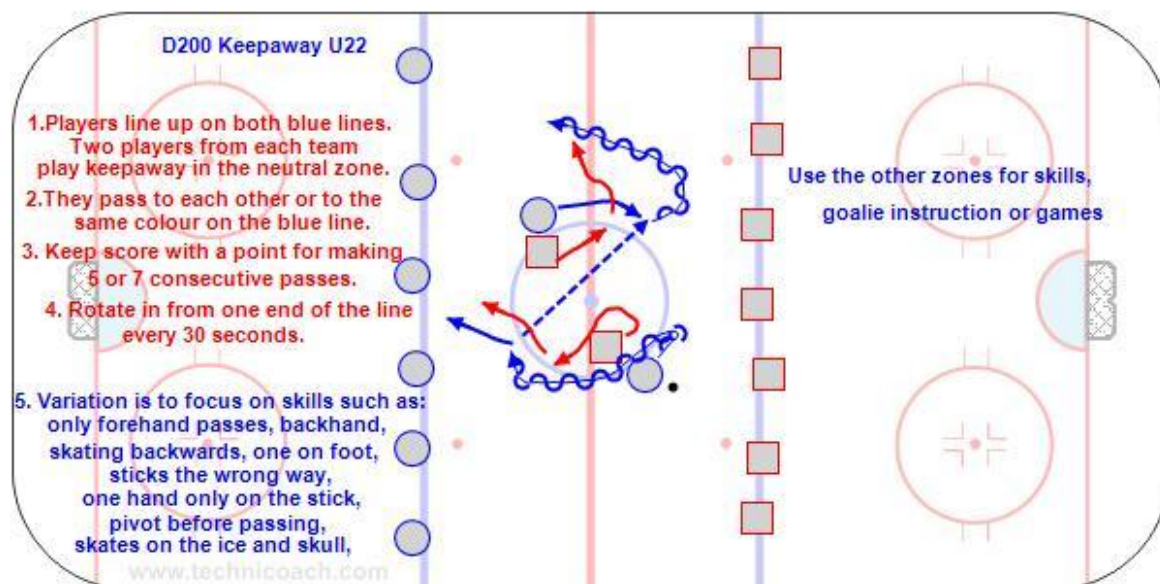
Role Three - player checking the puck carrier must have the stick on the puck and in the passing lane.

Role Four - player away from the puck must see the puck and the player they are covering. Stick in the passing lane and body on the defensive side.

Description

1. Players line up on both blue lines. Two players from each team play keepaway in the neutral zone.
2. They pass to each other or to the same colour on the blue line.
3. Keep score with a point for making 5 or 7 consecutive passes.
4. Rotate in from one end of the line every 30 seconds.
5. Variation is to focus on skills such as: only forehand passes, backhand, skating backwards, one on foot, sticks the wrong way, one hand only on the stick, pivot before passing, skates on the ice and skull.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120806085000699>



D200 Multiple Jokers Each Side Key Points:

Key Points:

Practice the 4 Game Playing Roles.

- 1 - Player with the puck.
- 2 - Player supporting the puck carrier.
- 3 - Player checking the puck carrier.
- 4 - Player covering away from the puck.

Description:

1. Play from 1-1 to 5-5.
2. Passes to the jokers on the side are allowed.
3. Jokers may pass or shoot.
4. Pass to a Joker on the whistle.
5. New players skate behind their net on a change.
6. Variations:
 - a. Send out uneven teams.
 - b. Give and go with a Joker who can join the game to either even the teams or add up to a designated number of players.
7. Keep score and use short shifts.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20130111153615671>



D200 Multiple Puck Games

Key Points:

- Players can only shoot when the goalie is ready.
- No empty net goals.
- Hustle out of the zone on the whistle and play 20-30 seconds only.
- Leave extra pucks in the zone on the whistle and coach shoot in pucks up to three.

Description:

1. Players line up outside the blue lines.
2. Coach shoots in 3 pucks.
3. Players race for pucks and battle to score and defend.

Game Variations:

- a. Shoot in a new puck on a goal.
- b. Leave goals in the net and join team mates until only one puck is left.
- c. Players can shoot on either net.
- d. Send from 1 to 3 players to play. ie. 2 on 3 and coach put 2 pucks into play.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005185636266>

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=201110060922424>



D200 Small Area Battling Game

Key Points:

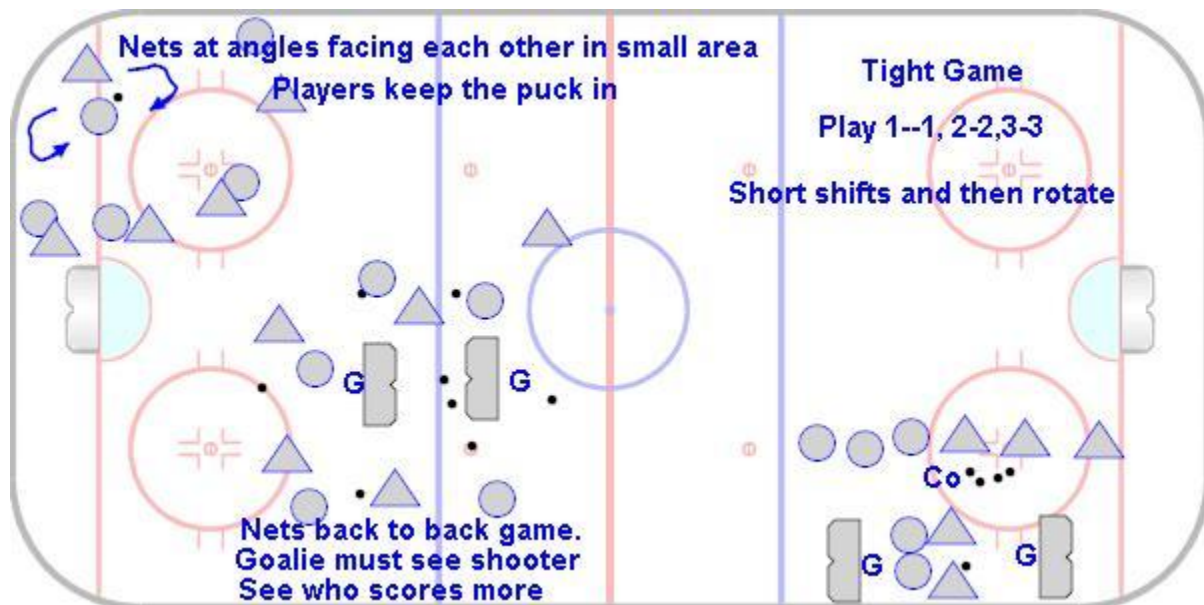
Transition between the four game playing roles. 1-player with the puck, 2-player supporting on offense, 3-player checking the puck carrier, 4-player covering other offensive players. They are also transitioning between the three game situations 0-loose puck, 1-offense, 2-defense.

Players always have a role to play in the transition between game situations and must think quickly and use good technique.

Description:

1. Put the nets facing each other about 10 metres apart. Play from 1-1 to 3-3 including odd man situations. Extra players wait at one side.
2. Coach pass a puck in and the players battle and try to score.
3. Take 20 second shifts,
4. Keep score.
5. Coach shoot in a new puck on a goal or if the puck is shot out of the zone.
6. Focus on the players battling with good habits and quick decisions.
7. Race out when the time is up and leave the puck in play (option is to pass to a teammate who is first in line.)
8. Nets can be close to the boards or in open ice.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101224071639751>



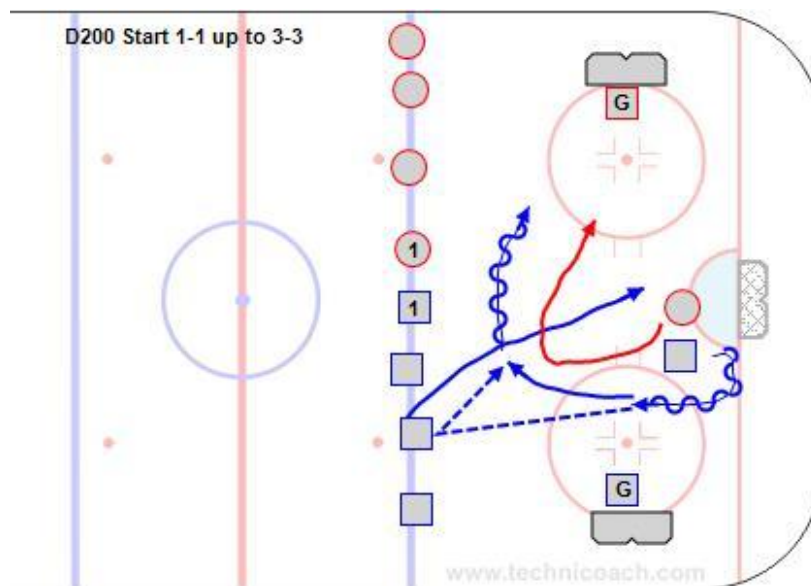
D200 Start 1-1 up to 3-3

Key Points:

Players must continually recognize the situation from 1-1 to 3-3. You can pass to any teammate in the line-up. Situations 1-1, 1-2, 2-3, 1-3, 2-1, 2-2, 3-2, 3-3 must be solved by the player.

Description:

1. Each game starts with player 1 from each team. Only one puck is used.
2. Up to 3 players on each team can play.
3. Puck carrier can pass to any teammate on the blue line. A successful return pass allows them to join.
4. Play about 30" shifts and then pass to your player 1 who starts 1-1. Another option is to pass to the goalie or simply leave the puck and the new players race for it.
5. Keep score and add rules like only backhand passes, etc.



D200 Straight on Angling Game

Key Points:

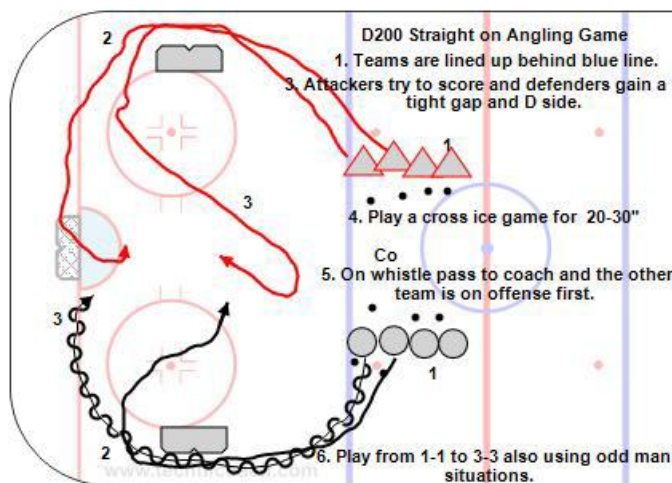
Both teams go behind their net on the whistle.
Defenders close the gap and maintain the defensive side.

Description:

D200 Straight on Angling Game

1. Teams are lined up behind blue line.
2. On the whistle each team skates behind their net.
3. Attackers try to score and defenders gain a tight gap and D side.
4. Play a cross ice game for 20-30"
5. On whistle pass to coach and the other team is on offense first.
6. Play from 1-1 to 3-3 also using odd man situations.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005190114923>



D200 Swedish Cross Ice Game of 1-1

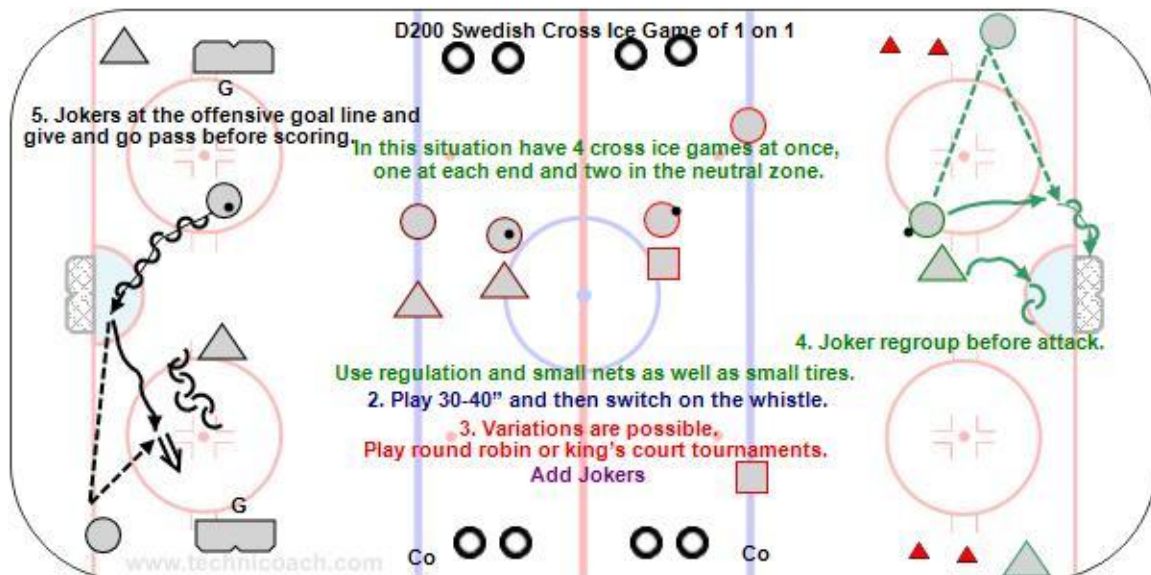
Key Points:

Players use the moves in a game situation that they just practiced in drills. Encourage the players to be creative and remember that the key to stickhandling is to protect use the body to protect the puck. Sell the fakes to make the defender straighten his/her knees or turn or lunge for the puck and use this instant to go around them and then block their recovery with your body.

Description:

1. Use regulation and small nets as well as small tires. In this situation have 4 cross ice games at once, one at each end and two in the neutral zone. This varies with the amount of players.
2. Play 30-40" and then switch on the whistle.
3. Variations are possible. Play round robin or king's court tournaments.
4. Add jokers, i.e. resting player at defending goal line and regroup when you get the puck
5. Jokers at the offensive goal line and require a give and go pass before scoring.

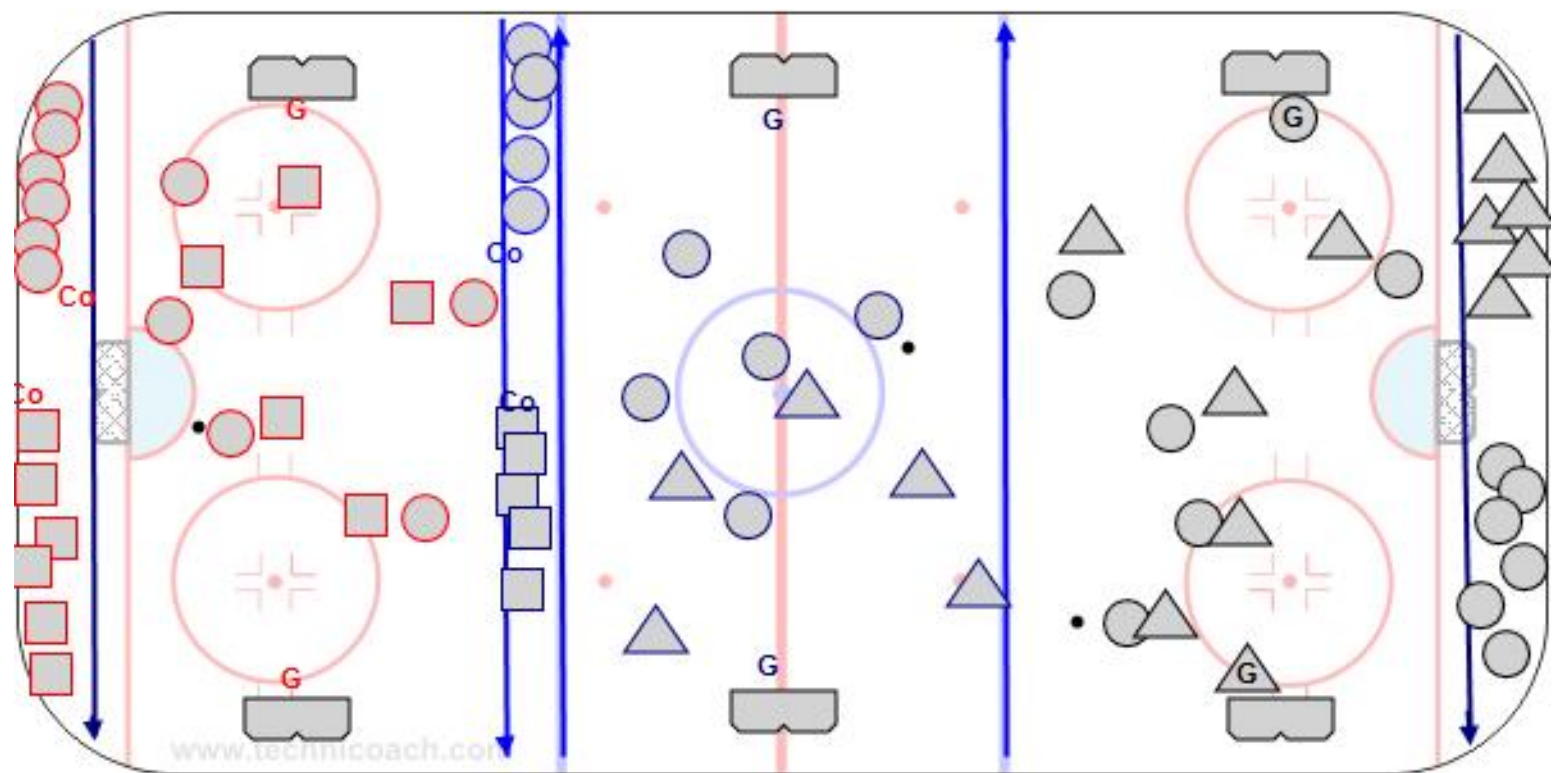
<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2010041707210734>



D200 Tournament with Three Cross Ice Games

Here is an idea of how to use the ice to play tournaments on one sheet. Incorporate one tournament per week. Two or three teams could share the ice and set up everything before so they don't waste time. I have included a diagram. Use hollow 4x4 boards, hose or rink dividers. Add rule modifications and keep score.

Use foam pads, wooden or thick hoses to divide the rink into three sections and 3 benches. Play 5-5 with 5-7 year olds and 4-4 with 9-10 year olds. A 60 minute ice time could be a 6 team round robin tournament of 10' games. 5 min. warm up and 1 min. between games to switch rinks. Continuous. After a goal take the puck out right away and go. Opposition can't pressure until one player crosses the mid line.



D200 With Jokers at Both Ends

Key Points:

Regroups and give and goes are stressed.

Description:

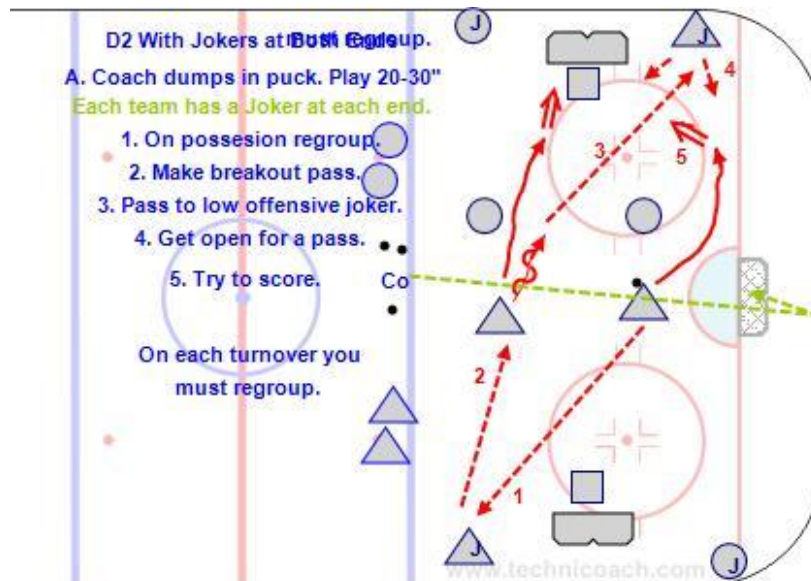
Each team has a Joker at each end. You must regroup with your defensive joker when you gain possession on the puck and pass to the offensive joker before shooting.

A. Coach dumps in puck. Play 20-30"

1. On possession regroup.
2. Make breakout pass.
3. Pass to low offensive joker.
4. Get open for a pass.
5. Try to score.

On each turnover you must regroup.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090817103542544>



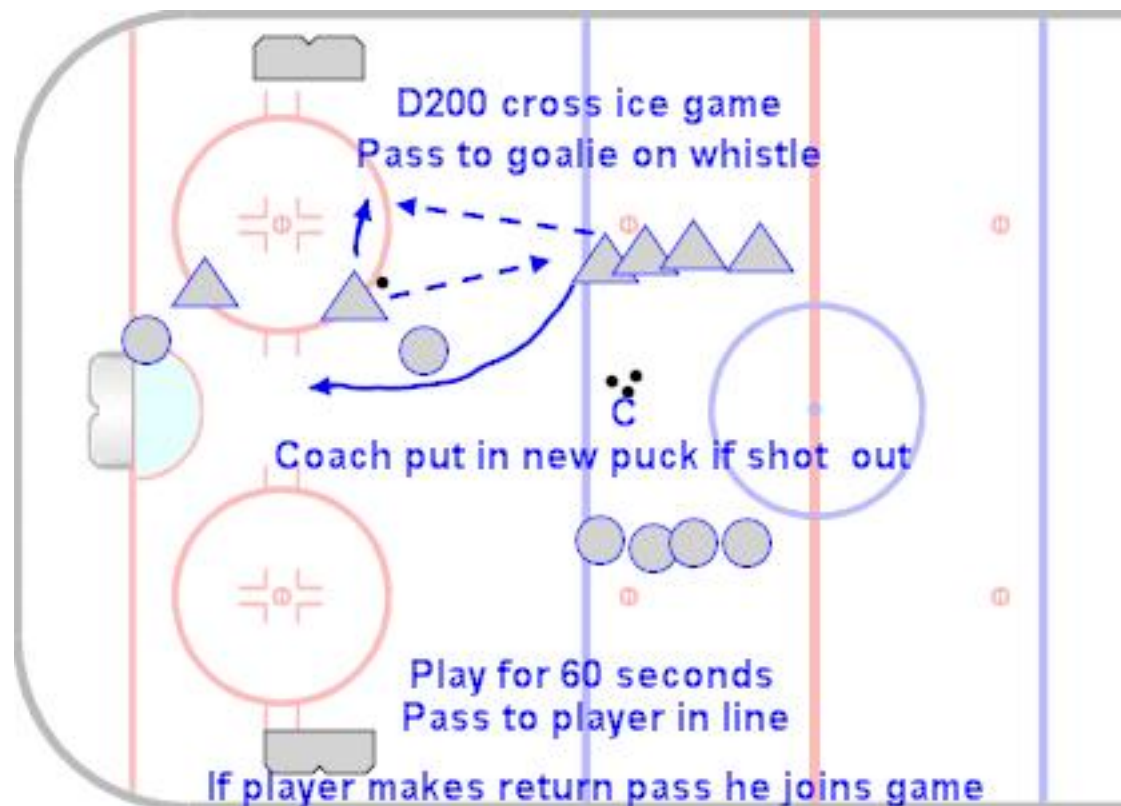
D200 With Players Joining After a Give and Go

Key Points:

Pass hard and get open for a return pass.

Description:

1. Players are lined up either in two lines or along the blueline.
2. Coach dumps the puck in to start the game of 1 on 1.
3. When player with the puck give and go passes to a team mate he can join the game.
4. Play for 45-60 seconds before starting a new game.
5. Coach shoot in a new puck if the original puck is dumped out or a goal is scored.



D200, 2 on 2 + 1 with Jokers on the Side – Pro

Key Points:

Get open on transition to offense and cover pass receiver on transition to defense.
Goalie control rebounds.

Description:

- Cross ice game of 2-2 with one Joker from each team on the side. Extra players on the blue line keep the puck in. Rotation is: Jokers activate with one new player and the second new player becomes a Joker.

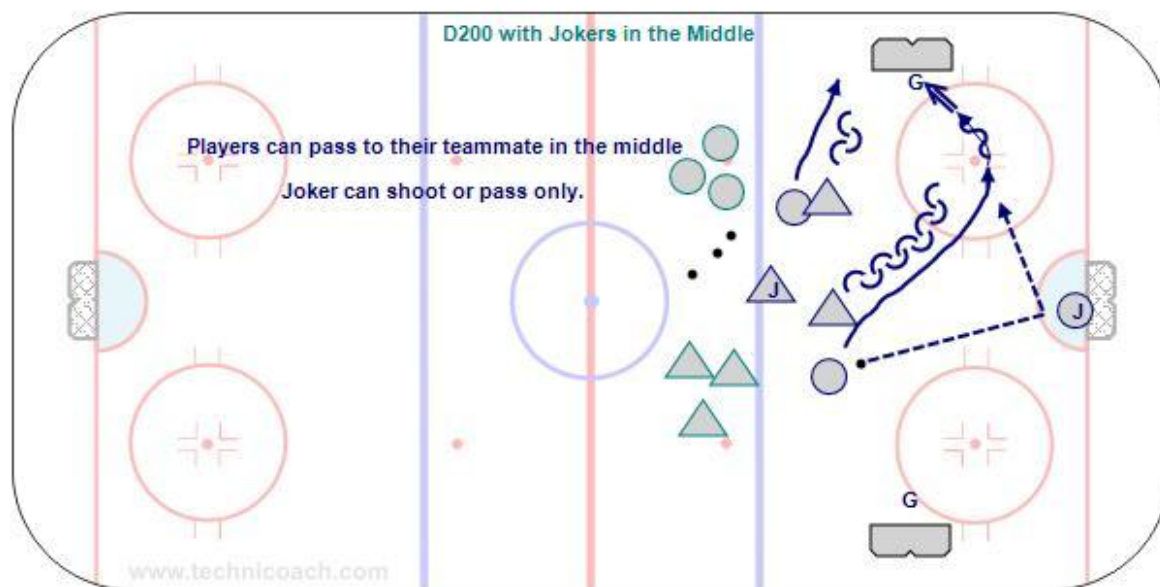
Organization

- Play 15-25".
- Pass to the teammate in the middle who can only shoot or pass.
- Defense ignores joker and covers the pass receiver.

Game works on offensive (role 2) and defensive support (role 4) and has intense battles.

This game is the basic template and the coach can modify rules like only forehand passes, only saucer, only one timers, maximum 2" with the puck, only one pass, backward skating only, in other words any skill can be isolated.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012111918004655>



D200, 3 on 3 Game With No Passing

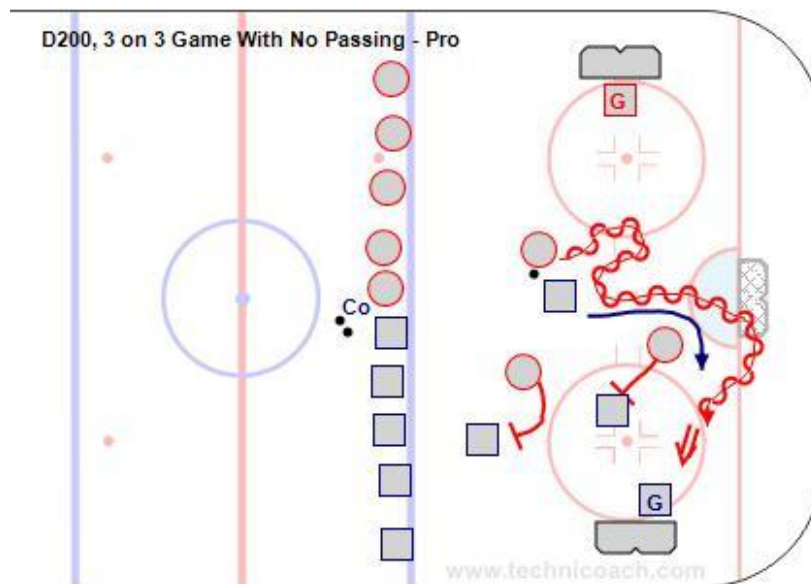
Key Points:

This game demands that the puck carrier dangle and beat the opponents with dekes, fakes, change of pace, pivots while teammates screen, pick and go for rebounds.

Description:

1. Play a cross ice game of 2-2 to 5-5.
2. Extra players line up along the blue line.
3. Shifts 20-30" and pass to teammate coming on on the whistle.
4. Coach put in a new puck on a goal.
5. Rule is NO PASSING.
6. Line mates support by setting screens and picks and going for rebounds.
7. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121119180047556>



D202 Keep-away With Jokers on Line

Key Points:

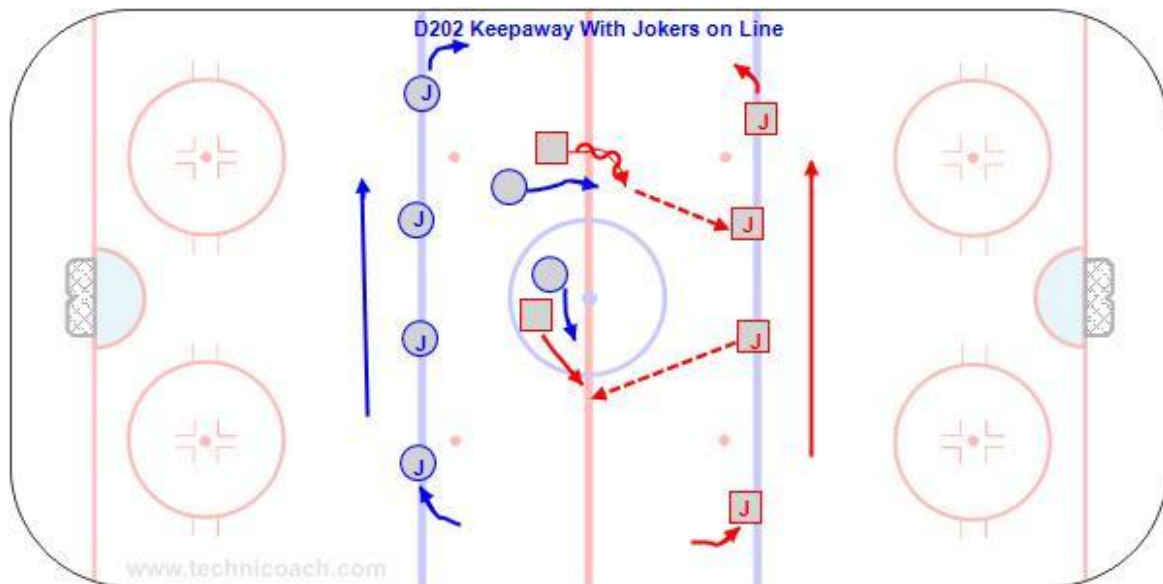
Protect the puck, use fakes and change the type of passes and the situation.

This is a great game to practice puck support, getting open, passing and puck protection.

Description:

1. Active players are in the middle.
 2. Jokers are lined up along the blue lines.
 3. Passes to Jokers are allowed.
 4. Play even situations up to 3-3.
 5. Vary the situations 2-1, 3-1, 3-2.
 6. On whistle leave from one end and return to the line-up at the other end.
- * Award one point for making 5 consecutive passes and keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121011224955196>



D400 1-1 Dukla Battles

Key Points:

Put the nets at 45 degrees in each corner. Defender stick on the puck and D side. Attacker protect the puck and use fakes.

Description:

1. Players line up behind the hash.
2. Coach shoots a puck below the goal line.
3. One player from each team battles to score.
4. Play 10-15" alternating corners.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821114618838>



D400 2-2 passes from behind net - Sweden U20

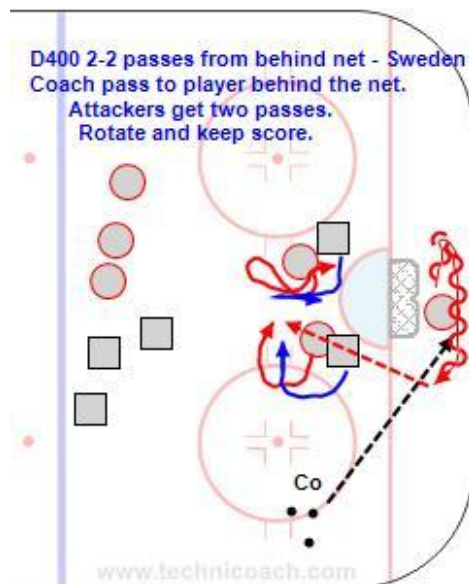
Key Points:

Always face the puck. Defender must see the puck and cover an attacker. Defender keep the stick on attacker when looking for the puck so you don't lose him. Tie up sticks on defense and keep the stick free on offense.

Description:

1. Coach pass to player behind the net.
2. Two attackers are covered by two defenders in front of the net.
3. The coach will give them two passes to try and score.
4. Rotate from offense to defense.
5. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120131091959989>



D400 3-2 on 2 Nets x 2 U16 Boys

Key Points:

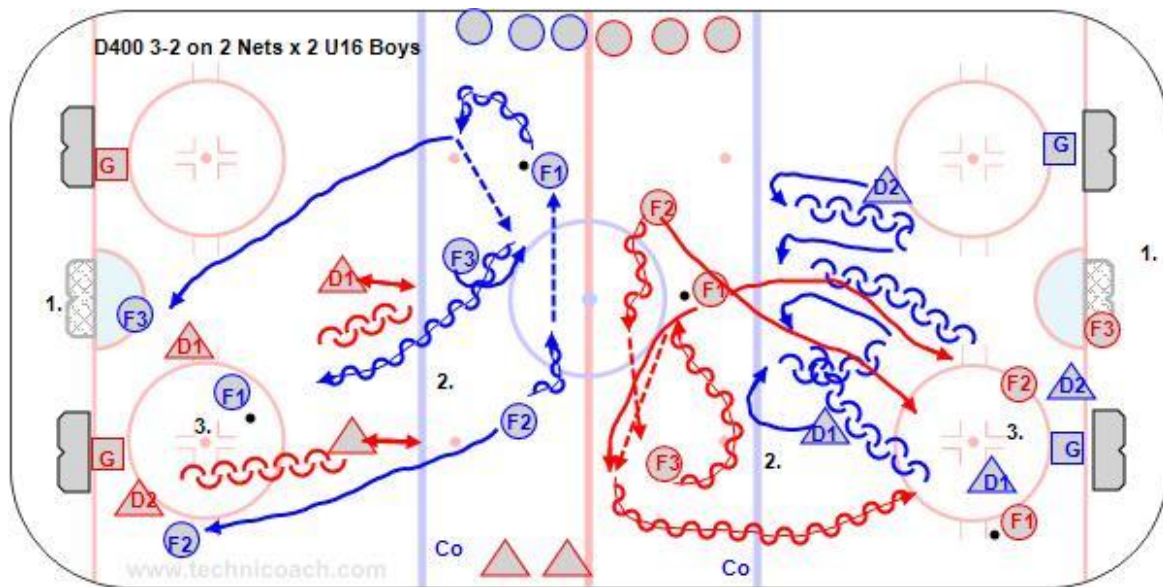
Forwards face the puck at all times and be ready for a pass. Defense skate back and forth and keep a close gap on the forwards before they attack.

Description:

1. There are two nets on the goal line.
2. Three forwards pass the puck in the neutral zone while two defense skate forward and back from the blue line to the top of the circle maintaining speed and gap control.
3. On the whistle the forwards attack vs. the two defenders.
4. *Forwards can score on either net.*
5. Keep score.

This game can be done at either one or both ends.

mediagallery/media.php?f=0&sort=0&s=20120821112657506



DT400 Ali, Bobbi-Jo Two Net Game

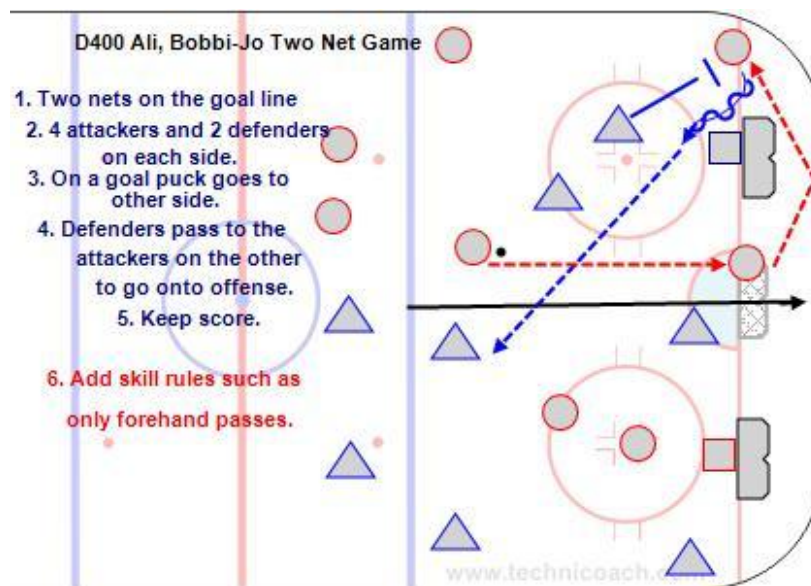
Key Points:

Attackers either skate or move the puck right away when they get it. Defenders have one on the puck and one in front of the net with sticks in the passing lanes. Rotate every 45 seconds.

Description:

1. Two nets on the goal line.
2. 4 attackers and 2 defenders on each side.
3. On a goal puck goes to other side.
4. Defenders pass to the attackers on the other side to go onto offense.
6. Add skill rules such as only forehand passes.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101222074135633>



D400 Best Player Wins the Game 1 on 1 on 1

Key Points:

- Battle hard for the puck.
- Protect the puck.
- Get a shot and fight for the Rebound.

Description:

1. Players line up outside the blueline. They can be in 3 teams and keep score or just everyone vs everyone.
2. Coach fires the puck in and whoever gets the puck tried to score vs the other two.
3. If another player gets the puck he tries to score; including rebounds.
4. On whistle pass back to the coach and race out.
5. 20-30 second shifts.



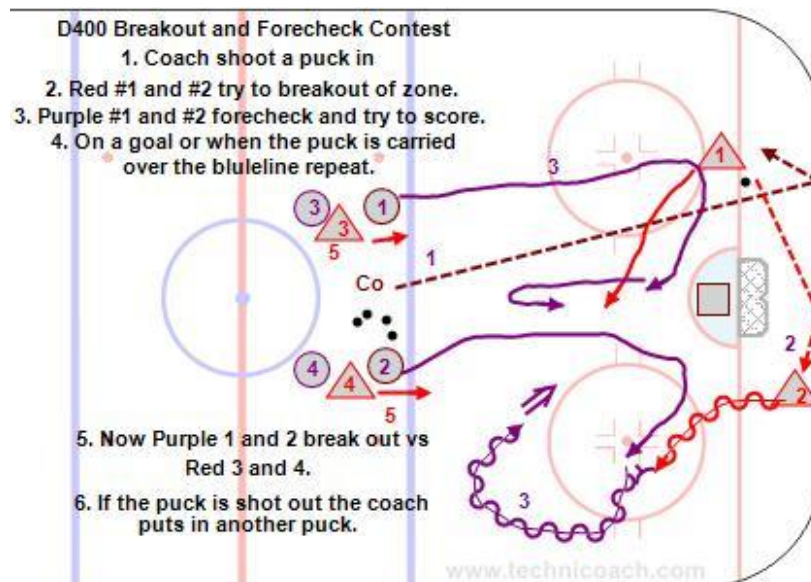
D400 Breakout and Forecheck Contest

Key Points:

This is a breakout vs forechecking pressure contest. Keep score and the coach can focus on any one of the 4 game playing roles.

Description:

1. Coach shoot a puck in.
2. Red #1 and #2 try to breakout of zone.
3. Purple #1 and #2 forecheck and try to score.
4. On a goal or when the puck is carried over the blueline repeat.
5. Now Purple 1 and 2 break out vs Red 3 and 4.
6. If the puck is shot out the coach puts in another puck.



D400 Close Battles

Key Points:

- Coach shoots in a new puck whenever one goes out of play.
- Players battle to keep sticks free and get shots.

Description:

1. Nets are close together.
2. Players race for the shoot in.
3. Play about 20".
4. Keep score.
5. Vary situations 1-1, 2-2, 2-1,3-2, 3-3.
6. Coach call out the situation for variations.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20080720174241795>



D400 Games of 1-1 to 2-2 with Multiple Nets

Key Points:

Sometimes you have many goalies. Here is a game that you can use up to 3 nets and work on the offensive and defensive principles and skills of 1-1, 2-1, 1-2, 2-2. I have used this formation with up to 4 nets in hockey schools, team tryouts and situations like I have now with 3 goalies.

Description:

Players line up along the boards with the defensive teams player being first in line and the offensive player next.

1. Offensive player attacks 1-1 vs the defensive player.
2. New defensive player follows the attack and gives support (either active or passive depending on how long you want the original 1-1 to last)
3. On a turnover or a goal the supporting defender gets a pass or takes the puck out of the zone and turns back at the red line and attacks vs the original attacker. When the puck is out of the zone the original defender rests at the end of the line.
4. When the new attacker crosses the defender gets support from a teammate at the front of the line. Repeat.

This is a great game to progress from instructing how to play a defensive or offensive 1-1 and then putting it into a game situation. The rotation can even be used to practice team play with larger numbers when you only have a half ice practice. . i.e. a 3-2 and 3 new players support, one goes low to make it a 3-3 low while the other two are passive at the top of the circles. Breakout and turn back vs the original attacker 3-3 and have 2 support, next 3 support.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20080721131640986>



D400 Goalies Face Opposite Directions

Key Points:

Play all 4 Game Playing Roles with intensity.

1. Player with the puck.
2. Players supporting the puck carrier.
3. Player checking the puck carrier.
4. Players covering away from the puck.

There is constant transition of game playing roles and game situations offense, defense, loose puck.

Description:

1. Play 2 on 2 for 20 seconds.
2. Leave the puck in the zone on a whistle.
3. Players must clear the zone before the next players come on.
4. Each team shoots on only one net.
5. Keep score.
6. Add modifies rules that require certain skills to be used.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101221142814546>



D400 Offense from Behind the Net

Key Points:

Offensive player uses the net to protect the puck and faces the play. Move back and forth ready to pass or do a wrap around.

Description:

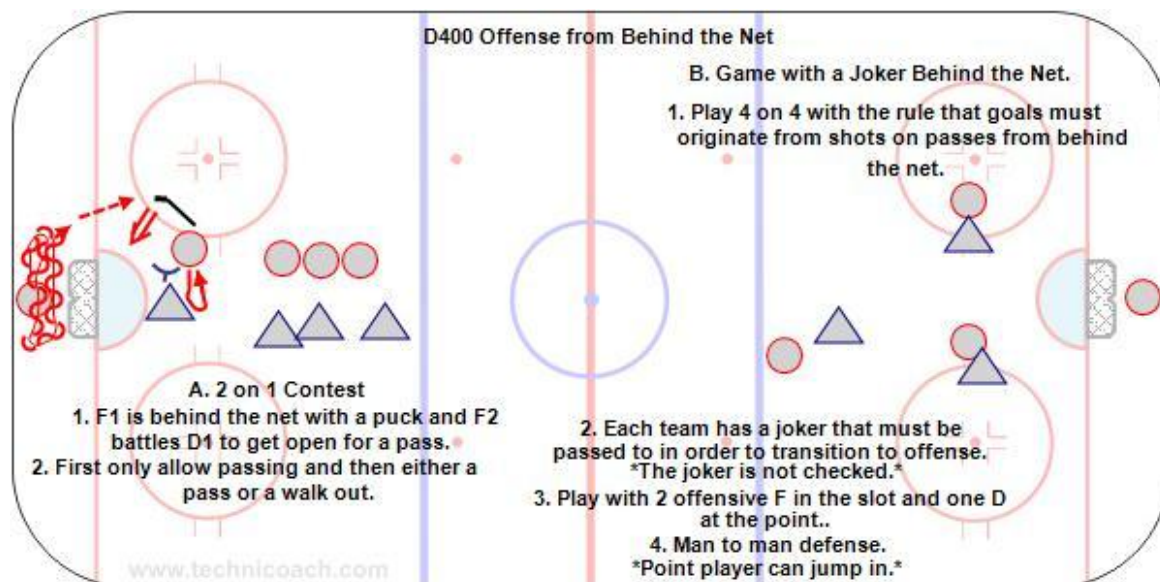
A. 2 on 1 Contest

1. F1 is behind the net with a puck and F2 battles D1 to get open for a pass.
2. First only allow passing and then either a pass or a walk out.

B. Game with a Joker Behind the Net.

1. Play 4 on 4 with the rule that goals must originate from shots on passes from behind the net.
2. Each team has a joker that must be passed to in order to transition to offense. *The joker is not checked.*
3. Play with 2 offensive F in the slot and one D at the point..
4. Man to man defense.

Point Player Can Jump In



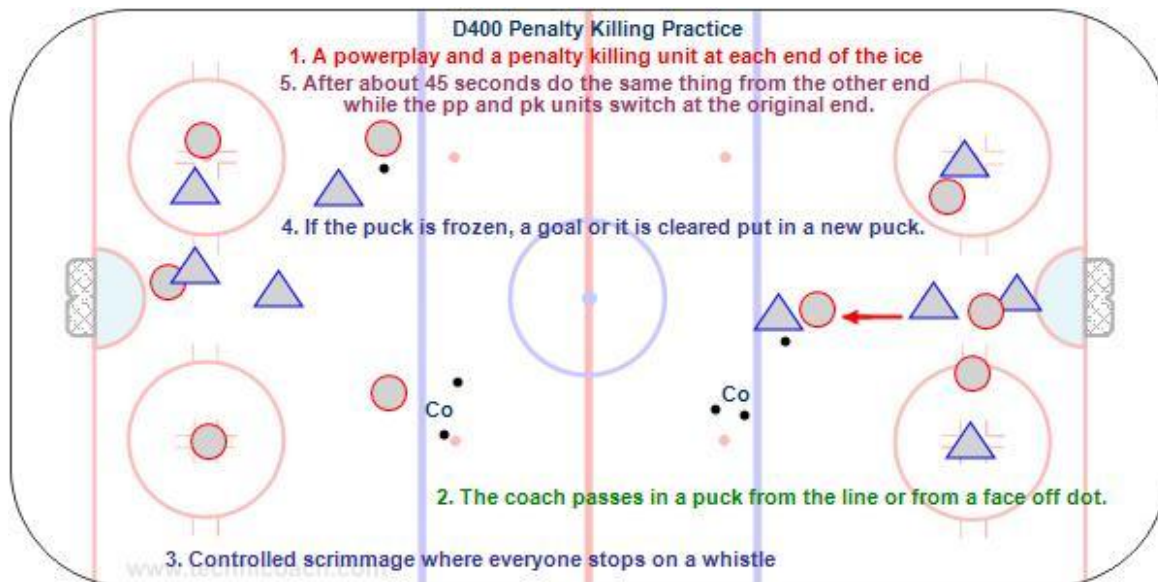
D400 Penalty Killing Practice

Key Points:

Closest player must pressure the puck in straight lines from the net out. Skate back when the puck is passed. Stick on the ice in passing lanes and stick on the puck when checking. Do not get tied up. Block shots.

Description:

1. A powerplay and a penalty killing unit at each end of the ice.
2. The coach passes in a puck from the line or from a face off dot.
3. Controlled scrimmage where everyone stops on a whistle.
4. If the puck is frozen, a goal or it is cleared put in a new puck.
5. After about 45 seconds do the same thing from the other end while the pp and pk units switch at the original end.



D400 Random Reading Game Playing Roles

Key Points:

Players must read their game playing role from: 1 - carry the puck, 2 – support on offense, 3 – closest player check the puck carrier, 4 – cover players away from the puck. Always see the puck and the player they are covering.

Description:

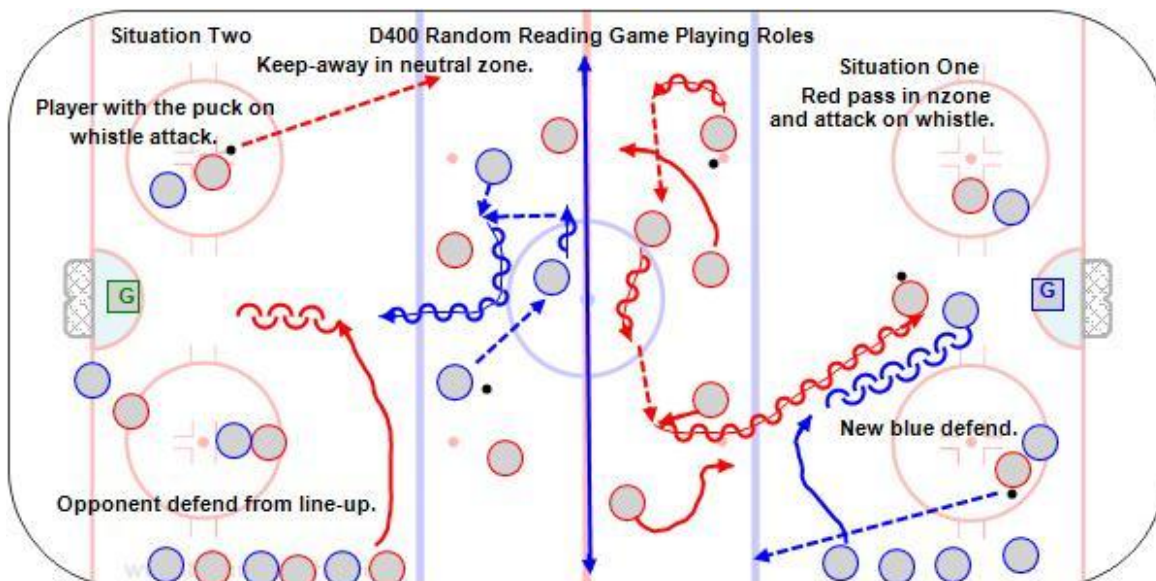
Situation One

1. Players are first divided into teams and one passes in the neutral zone while the other defends from inside the blue line.
2. One player attacks from the neutral zone on each coaches whistle vs. one defender. (Shoot original puck out of the zone.)
3. Each whistle produces progressively increasing situations as players stay in the zone with attackers trying to score and defenders playing man to man defense.

Situation Two

1. This progresses to half of each team in neutral zone and defending zone.
2. In the neutral zone they play keep-away and whomever has the puck when the whistle blows attacks and the opposite team must recognize they are on defense and a new defender plays the 1-1 while the players already in the zone adjust to either offensive or defensive roles.
3. Continue attacking from the neutral zone until everyone is has attacked.
4. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130224105906619>



D400 SAG, 1-1, 2-1, 2-2, 2-3, 3-3

Key Points:

- Play in small areas for short shifts of 20-30 seconds.
- Focus on offensive puck protection and defensive net side with the stick on the puck and tight gaps.
- Attackers practice creating 2 on 1's, screening and picking while protecting their stick.

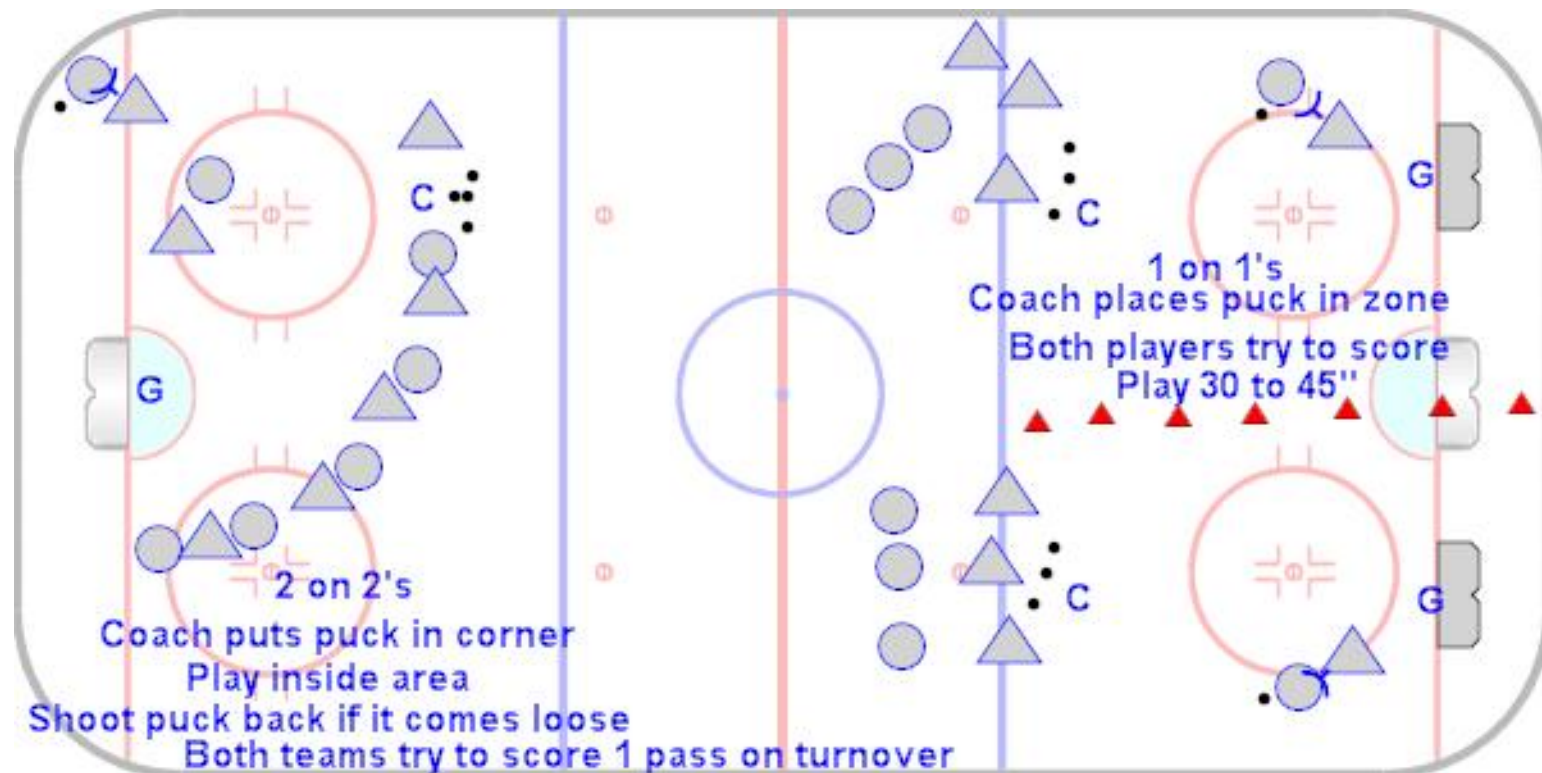
Description

Game One:

1. Net is in the standard place and the extra players form a semi circle to keep the puck in play.
2. Play situations up to a 3-3.
3. Coach shoots the puck into the corner to start the game and the extra players do the same if the puck is checked to them.
4. Keep score and vary the situation by calling out i.e. "blue 2, white 1" and that many players go.

Game Two:

1. Divide the zone in half with one net at each side and play two games at once.
2. If the puck comes out the coach puts in another puck.
3. Play this game up to a 2-2 situation with short shifts of 20-30 seconds.



D400 Small Area 2-1 x 2 Jr. A

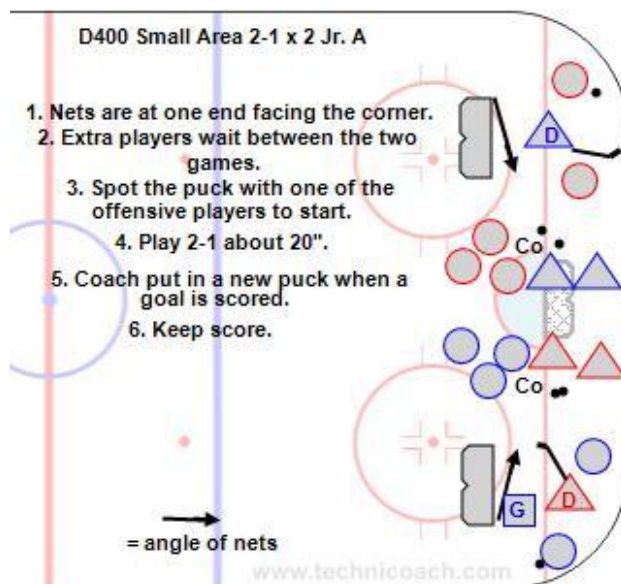
Key Points:

Defender eliminate the puck carrier crossing the midline of the net and the cross pass. Goalie and defender work together to make it a 2-2. Attackers use quick passes, quick shots, fake shots, one timers. Get the goalie moving and shoot where he came from and not where he is going.

Description:

1. Nets are at one end facing the corner.
2. Extra players wait between the two games.
3. Spot the puck with one of the offensive players to start.
4. Play 2-1 about 20".
5. Coach put in a new puck when a goal is scored.
6. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201210230903249>



D400 The Best Player Win Game

Key Points:

- Battle hard for the puck.
- Protect the puck.
- Get a shot and fight for the Rebound.

Description:

1. Players line up outside the blueline. They can be in 3 teams and keep score or just everyone vs everyone.
2. Coach fires the puck in and whoever gets the puck tried to score vs the other two.
3. If another player gets the puck he tries to score; including rebounds.
4. On whistle pass back to the coach and race out.
5. 20-30 second shifts.



D400, 1 on 1 Small Power Play Game

Key Points:

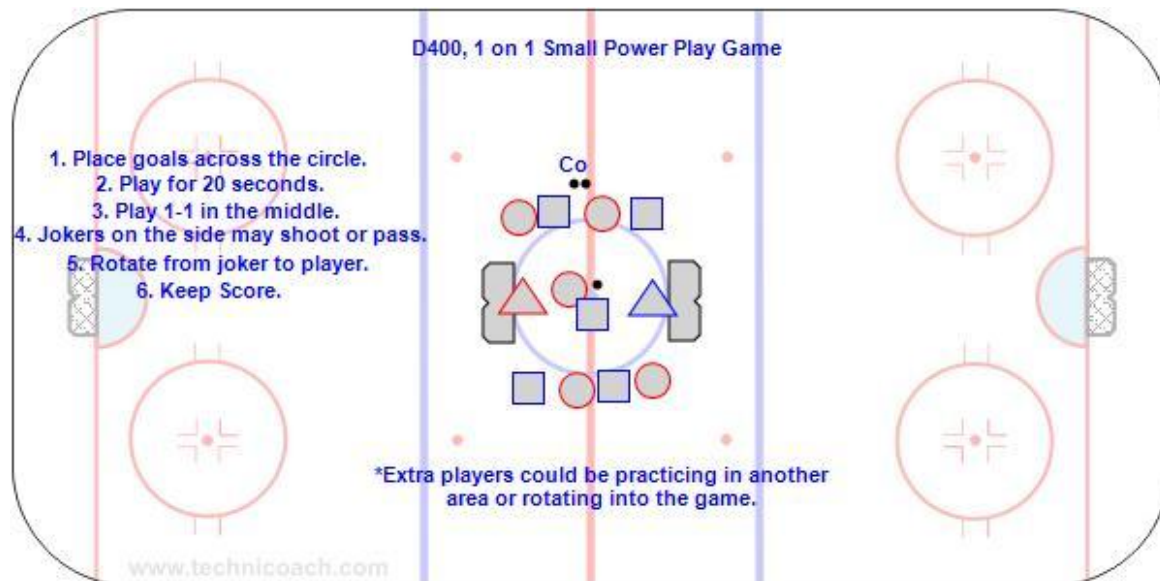
Battle, quick shot, quick pass, one timers.

Description:

1. Place goals across the circle.
2. Play for 20 seconds.
3. Play 1-1 in the middle.
4. Jokers on the side may shoot or pass.
5. Rotate from joker to player.
6. Keep Score.

*Extra players could be practicing in another area or rotating into the game. Game can be also played 2-2 or 1-2.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101230082436186>



D400, 2-1, Battle in Slot – Sweden – 2

Key Points:

Defender has to recognize who is the most dangerous player but never give a breakaway.
Attackers must do everything quickly and constantly move.

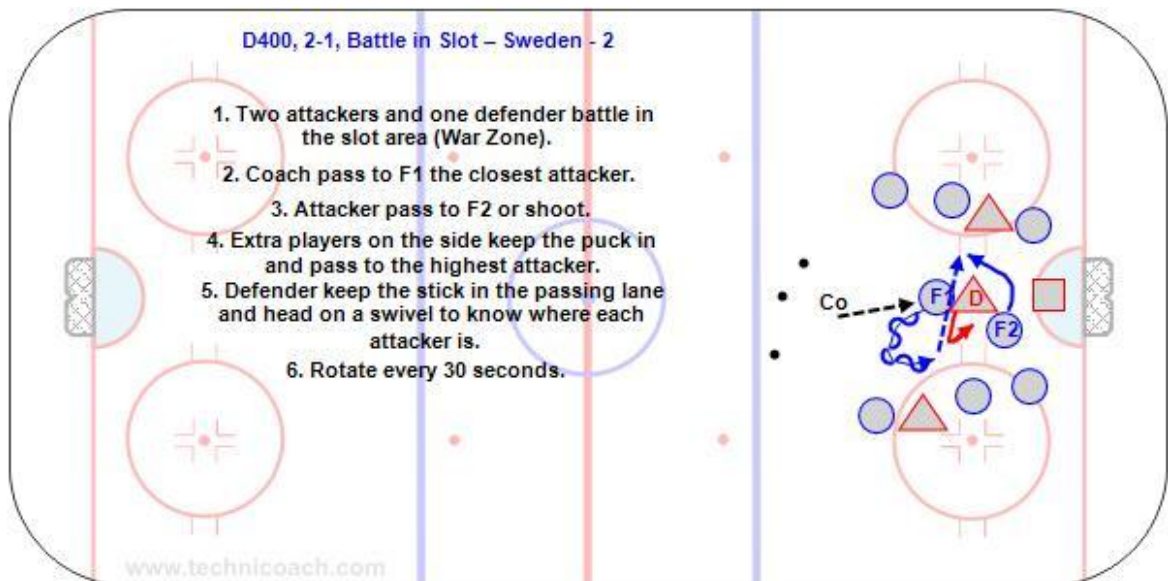
Description:

1. Two attackers and one defender battle in the slot area (War Zone).
2. Coach pass to F1 the closest attacker.
3. Attacker pass to F2 or shoot.
4. Extra players on the side keep the puck in and pass to the highest attacker.
5. Defender keep the stick in the passing lane and head on a swivel to know where each attacker is.
6. Rotate every 30 seconds.

<http://www.swehockey.se/Hockeyakademin/Utbildning/Video/Ovningsbanken/> 2 mot 1 #2

<https://skydrive.live.com/redir.aspx?cid=bd6fa116988317e9&resid=BD6FA116988317E9!3071&parid=root>

from skydrive



D400, 2 on 2-Jokers at Point

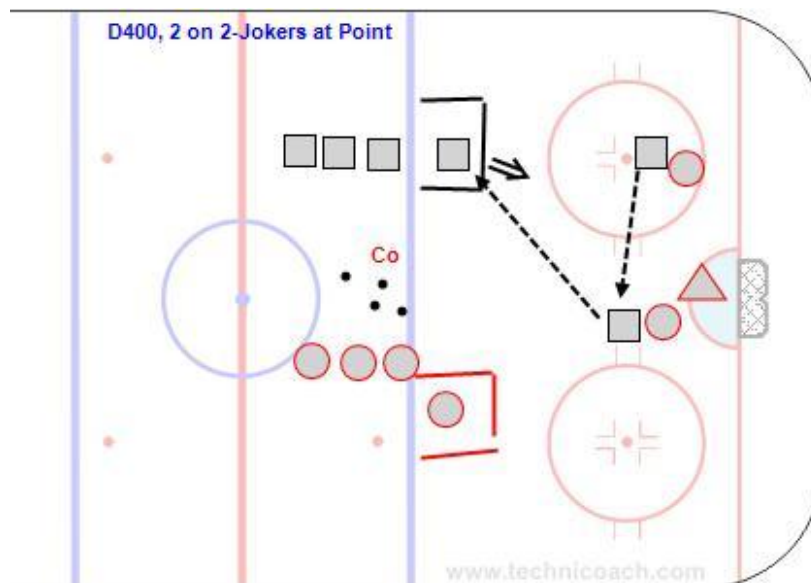
Key Points:

Players learn to move the puck from low to high. When the puck is at the point skills of Role 2 of getting open, screening on offense and Role 4 covering away from the puck, controlling sticks, sticks in the passing lane are practiced.

Description:

1. Spray paint a box just inside the point. Joker must stay in the box.
2. Coach shoots a puck in and the offensive team must make at least one pass before shooting.
3. On a turnover you must make at least one pass before taking a shot.
4. When the joker has the puck at the point defenders cover one attacker each-not the joker.
5. 20-25" shifts and come out hard on whistle.
6. Leave puck in zone on whistle.
7. Coach put in a new puck on goals or if the puck is shot out of the zone.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110107072634789>



D500 Nets Back to Back – One Goalie

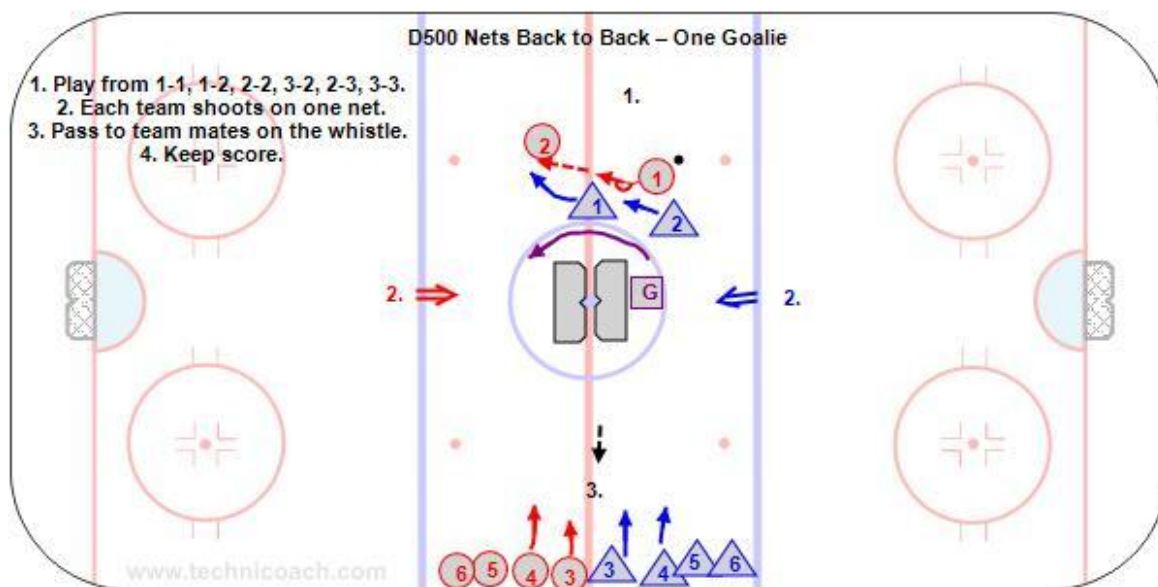
Key Points:

Goalie must quickly defend the open net. Players must transition right away from offense to defense and defense to offense. Extra players on the bench.

Description:

1. Play from 1-1, 1-2, 2-2, 3-2, 2-3, 3-3.
2. Each team shoots on one net.
3. Pass to team mates on the whistle.
4. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120416224928657>



D500 Nets Back to Back with Jokers

Key Points:

Jokers can only have the puck 1 second and then must pass or shoot. You can add that they must move sideways or back when they get the puck.

Description:

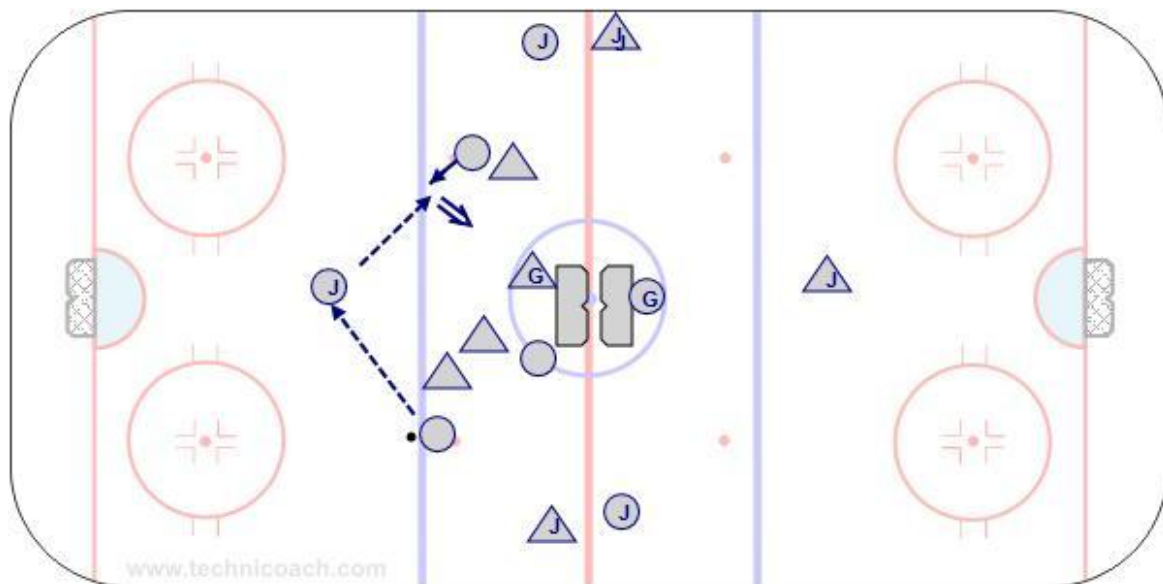
Place the nets back to back at the red line.

-Half the team play and half are jokers. Shifts 30"- 60".

-When the team gets the puck on defense they must pass to a joker before they can score. Jokers can move around on the perimeter.

If you have only one goalie then it is a great conditioning - skating drill for the goalie to play for both teams and skate around to the other goal.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012052310414296>



D800 Four Games at Once

Key Points:

Divide the ice into 4 areas using hollow 4x4 boards, pads, thick hose.

Description:

1. Do skill drills and flow drills.
2. Play skill games.
3. Play tournaments.

