

T4 - Teaching Total Hockey in the Defensive Zone

Key Points:

The game is played 1-2-3-4-5. Players must have the skill to count to 5 and recognize where they are on the ice in relation to teammates and the zone they are in.

Description:

A. Players line up and enter the defensive zone calling out their number.

- The coach places the puck in various areas.
- Progress to all leaving in random order and calling out their number and going to that area.

B. Offensive and defensive player skate from the blue to the red line while the coach shoots the puck in.

- Players go to defensive responsibilities 1-2-3-4-5 in a combined man to man zone defense of ONE on one and a BOX BEHIND.

- Blue try to score and Red defend and pass to coach on turnover.

- Alternate between attacking and defending.

