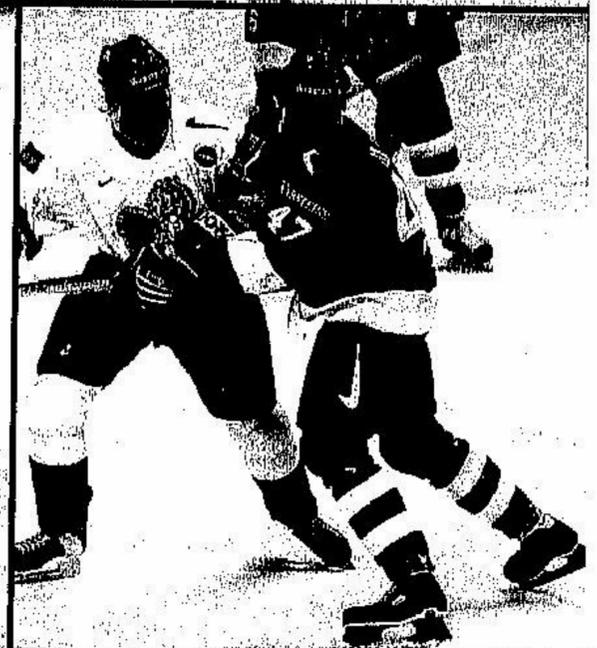
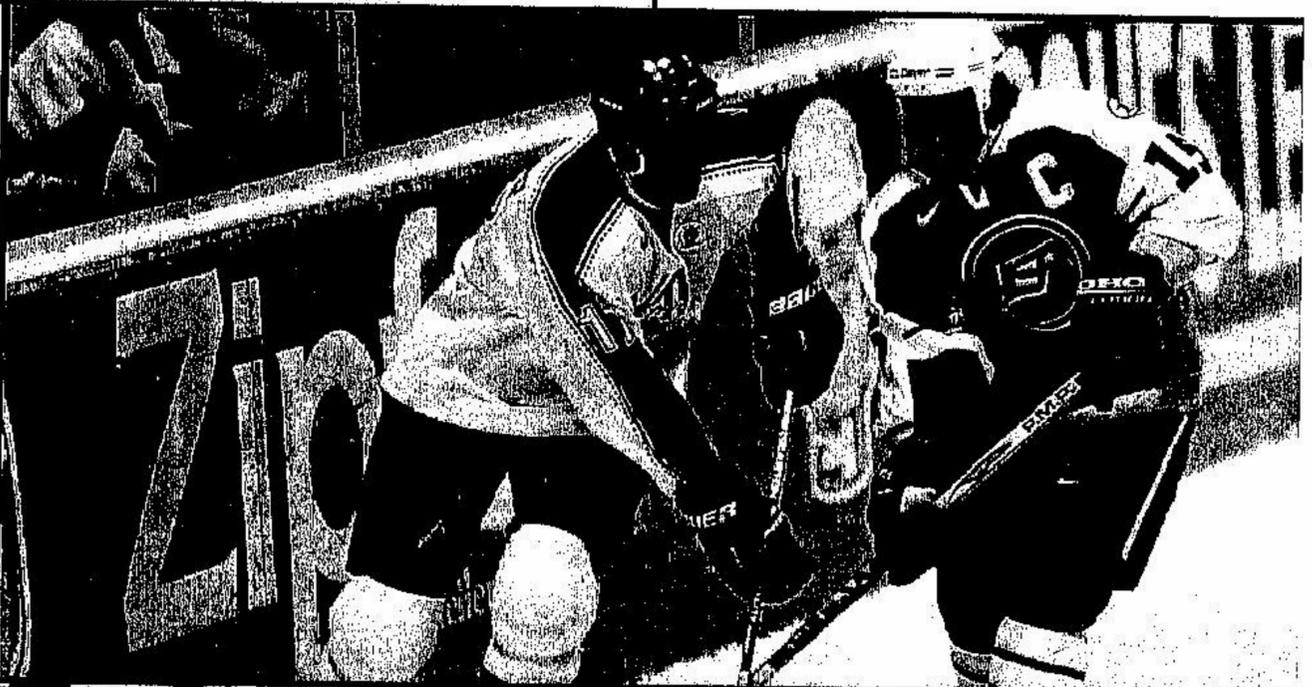


**Juhani
Wahlsten**

**Tom
Molloy**



Das ABC des internationalen Eishockey



Level "2"

The first and second playing roles are emphasized and the third and fourth playing roles are introduced. Level 2 stick/puckhandling school/shooting school/passing school/1-1 school and games and contests. This level teaches the players the necessary concepts for stickhandling and goalie techniques and the concepts of the offensive and defensive 1-1. At level two some fundamental team play concepts, such as recognizing whether you are the first, second, third, fourth or fifth player closest to the puck, or to your net, and making the decision whether you are playing forward or defense are introduced. Many modified games with passing rules are used to make the players conscious of where they are on the ice and who is with them. Two on two situations with all of the playing roles are used extensively.

Level "2"

The first and second playing roles are emphasized and the third and fourth playing roles are introduced. Level 2 stick/puckhandling school/shooting school/passing school/1-1 school and games and contests. This level teaches the players the necessary concepts for stickhandling and goalie techniques and the concepts of the offensive and defensive 1-1. At level two some fundamental team play concepts, such as recognizing whether you are the first, second, third, fourth or fifth player closest to the puck, or to your net, and making the decision whether you are playing forward or defense are introduced. Many modified games with passing rules are used to make the players conscious of where they are on the ice and who is with them. Two on two situations with all of the playing roles are used extensively.

Card 27 BASIC SKILLS: SKATING

2. A2, Module 10

- Toe-in toe-out scootering with gliding between the blue lines.
- Forward skating with extra long strides
- Jump over the blue line and glide to the other end on one skate
- Skate backwards one length of the ice.
- Hold one stick in each hand and pull partner down the ice backwards.
- Backward skate and raise stick above the head between the blue lines, this is to ensure the seat is down and head up.
- Skate backwards with extra long strides.
- Alternate forward and backward kicks between the blue lines while skating backwards.
- Two backward figure eight's.

A2-2001

27b BASIC SKILLS: SKATING

2. A2, Module 11

- Forward skating with extra long strides.
- Alternate cross kicks while skating forward.
- Two figure eight's with only outside skate pushing; lead with the inside shoulder.
- "Zigzag" forward skating.
- Zigzag backward skating while pulling partner with one stick in each hand.
- Alternate high cross kicks while skating backwards.

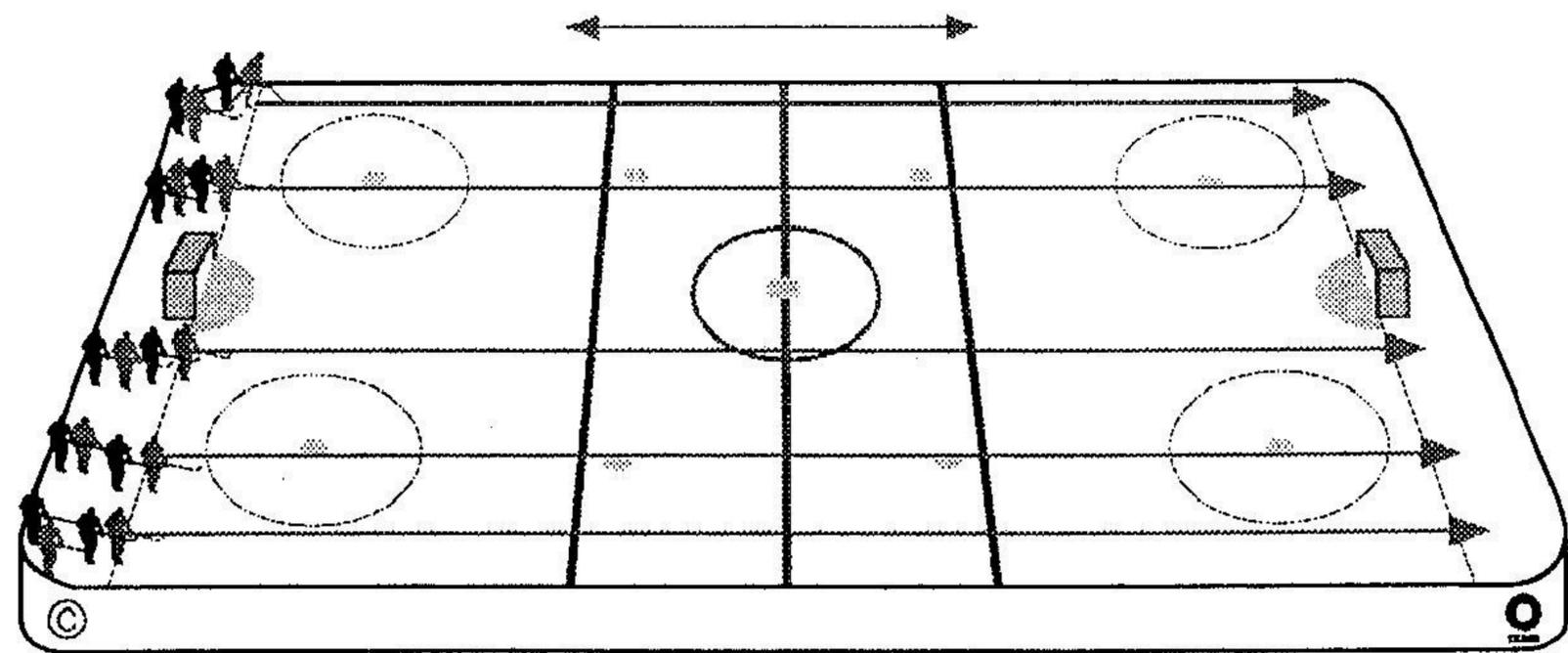
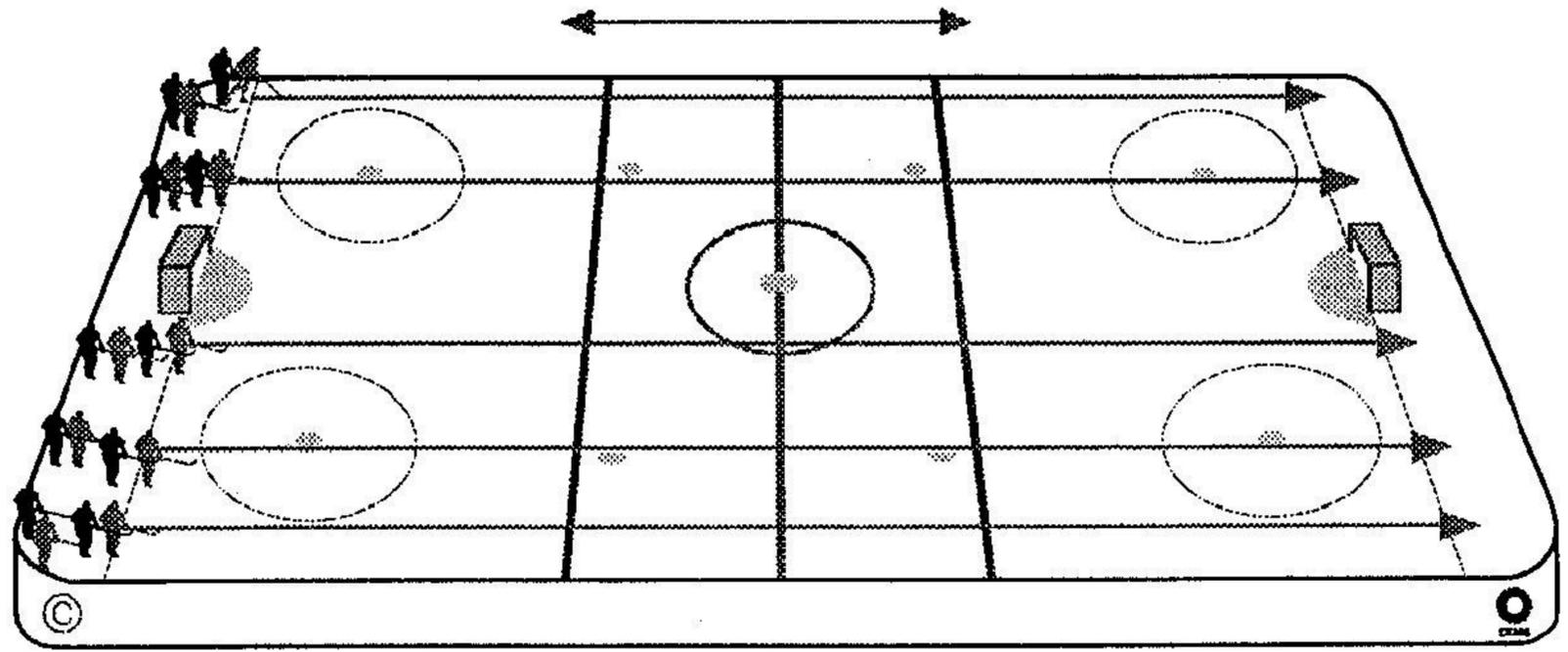
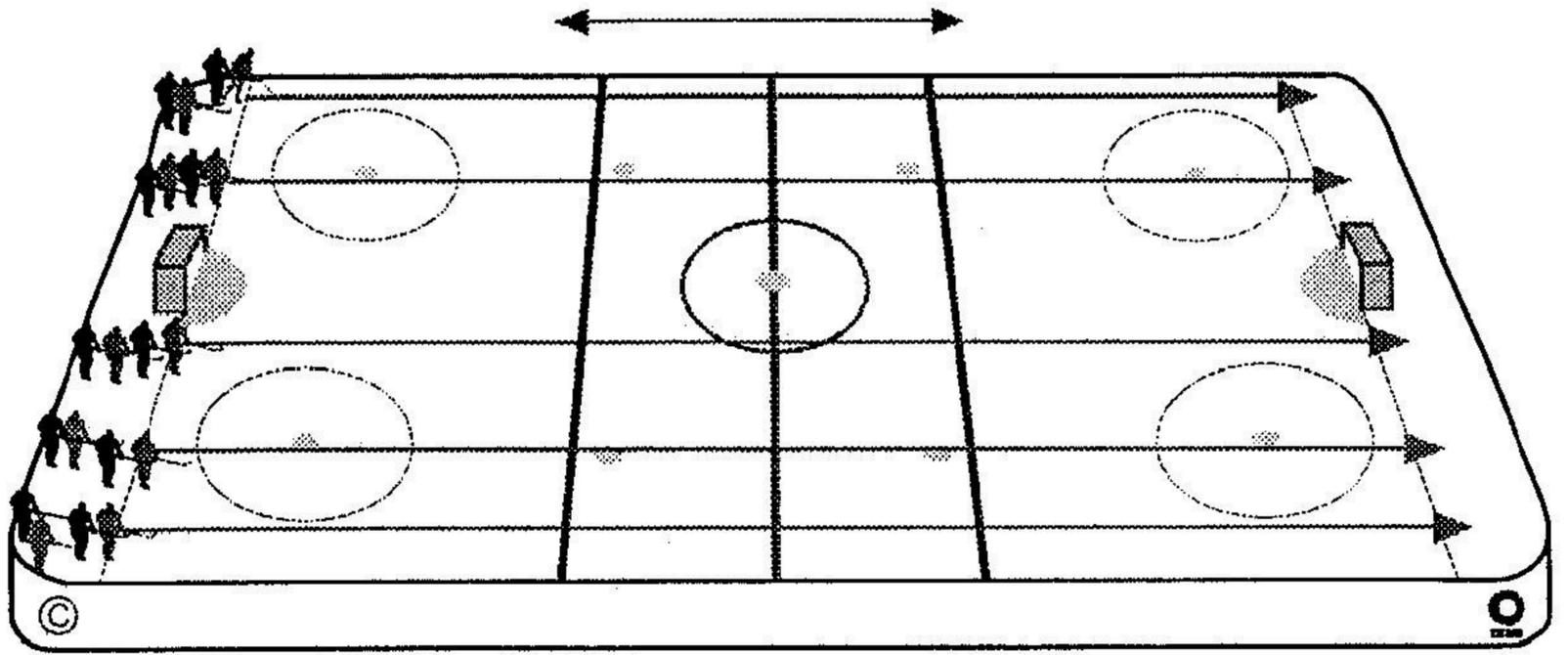
A2-2002

Card 28 BASIC SKILLS: SKATING

2. A2, Module 12

- Toe-in, toe-out flat footed skating with a glide between the blue lines.
- Forward skating with extra long strides.
- "Zigzag" forward skating using crossovers.
- Alternate high cross kicks while skating forward.
- Backward skating one length of the ice.
- Skate backwards with extra long strides.
- Alternate high cross kicks while skating backwards.
- Backward crossover skating, stress keeping back upright, with head on top of shoulders, knees bent and seat down.

A2-2003



28b BASIC SKILLS: SKATING

2. A2, Module 13

- "zigzag" using crossovers while skating forward.
- Cross over while skating backwards, keep back upright, head over shoulders, knees bent and seat down.
- "shoot the duck" one leg squat while forward skating between the blue lines. Squat low on one leg while extending the other leg forward.
- Start and stop on lines using toe out running start.
- Stop and start at lines while skating backwards, using a snowplow stop and cross over start.
- Start and stop on lines using the hockey stop and the crossover start.
- Backward starts and stops using the crossover start.
- Start and stop on lines using a running start.

A2-2004

Card 29 BASIC SKILLS: SKATING

2. A2, Module 14

- Standing jumps on two skates, 45-90-180-270-360 degrees.
- Using the A3 formation around the rink skate jumping on both skates from forward to backward and backward to forward at each line. Lead the turn with the shoulder.
- Using the A3 formation around the rink, skate gliding backward on one skate at the ends of the rink and doing a one foot turn to forward skating at the blue lines.
- Pivot from forward to backward and backward to forward at the blue lines.
- Skate along the boards and down the lines pivoting from front to back and back to front at each corner.

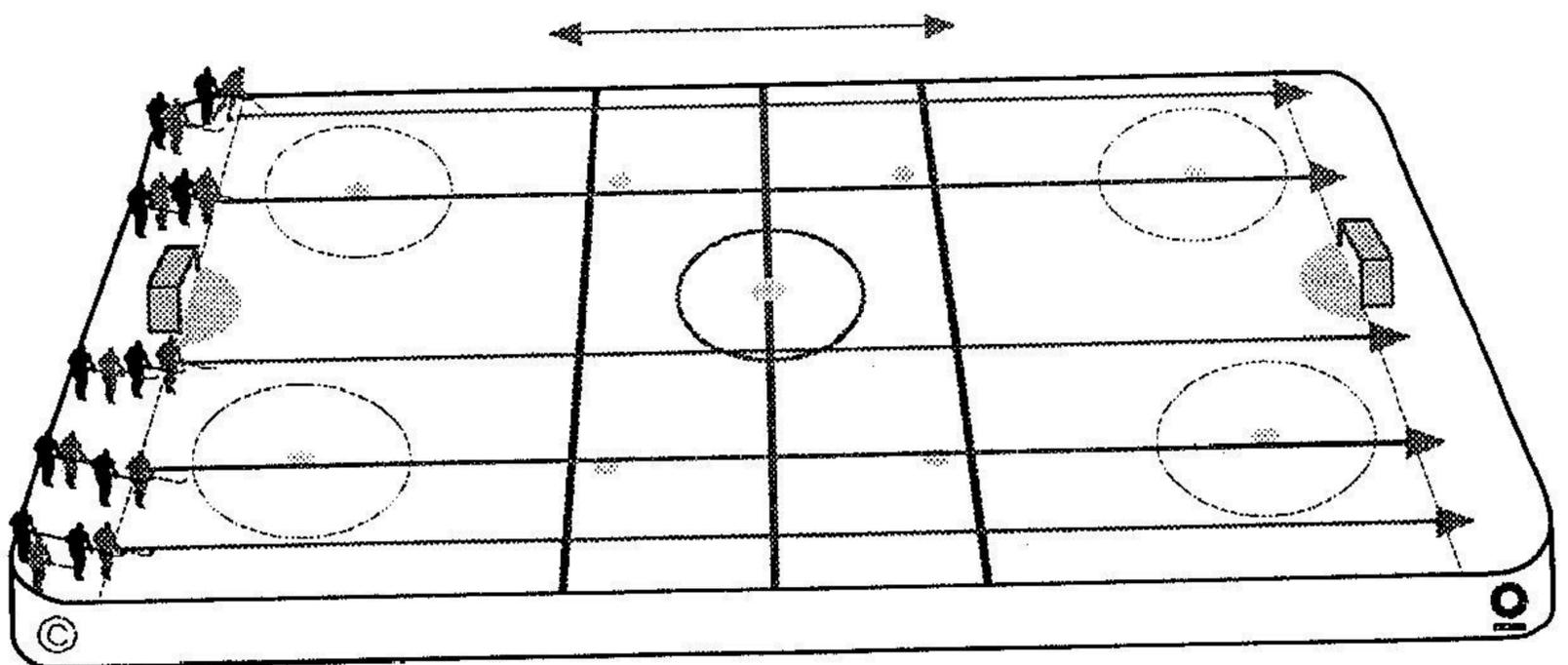
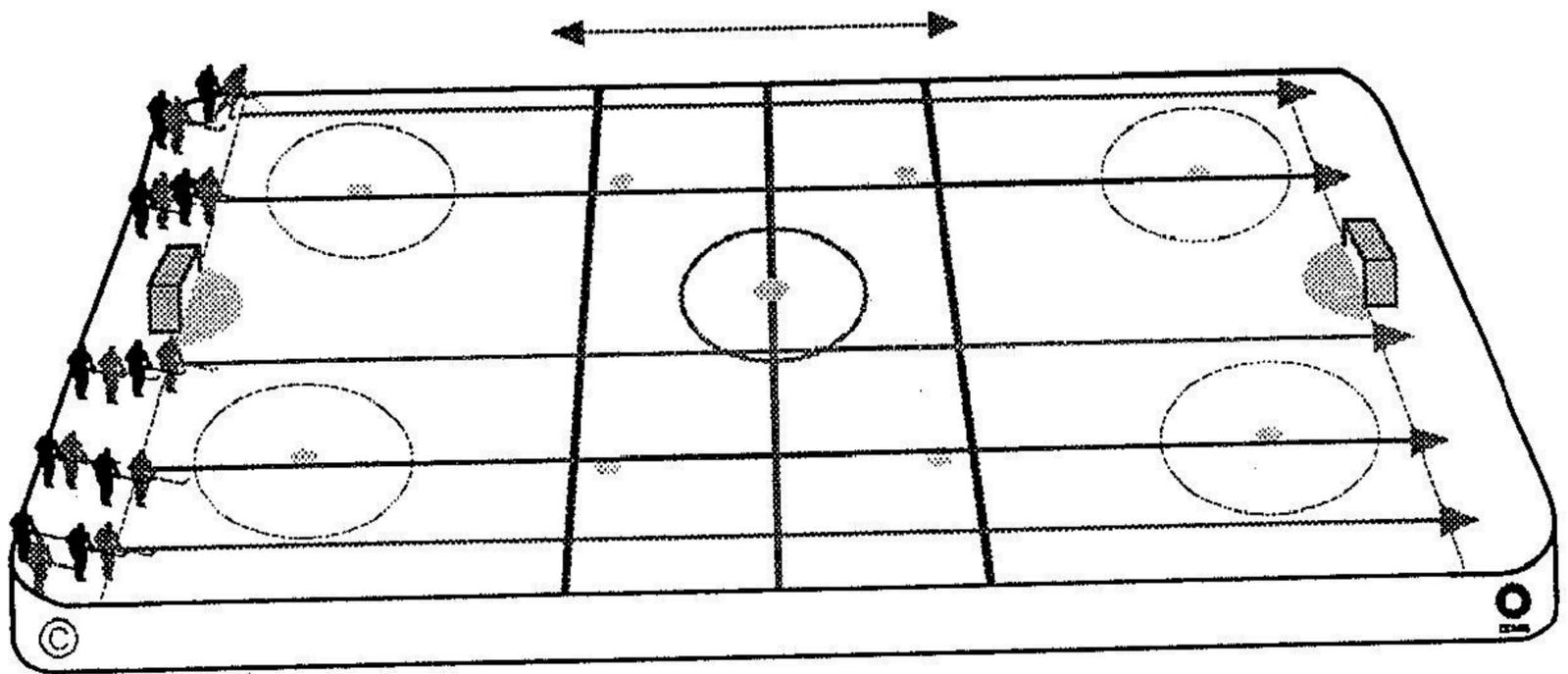
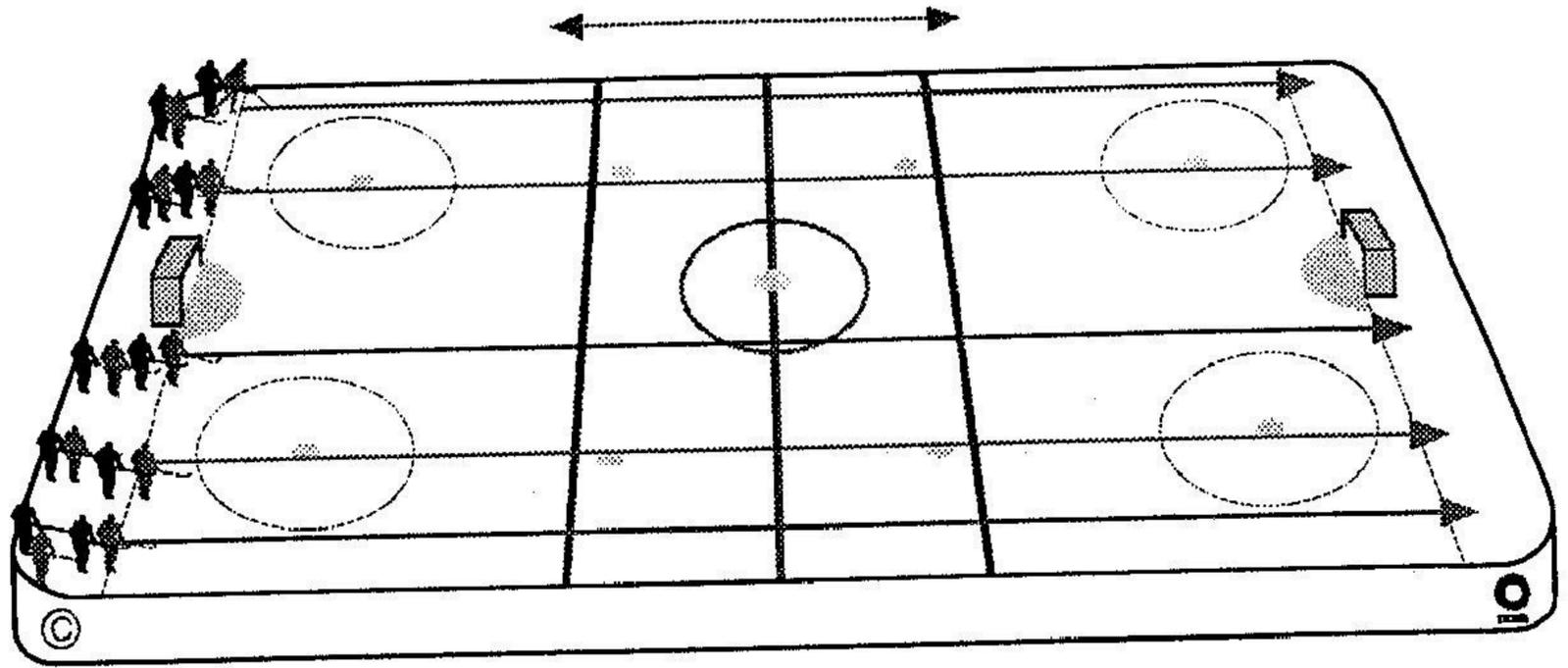
A2-2005

29b BASIC SKILLS: SKATING

2. A2, Module 15

- Forward skating with extra long strides.
- Alternate high cross kicks while skating backwards.
- Forward skating with deep squats between the blue lines.
- Backward skating with deep squats between the blue lines.
- Alternate front to back kicks between the blue lines while skating forward.
- Alternate front to back high kicks between the blue lines while skating backward.
- "shoot the duck" a one leg forward squat and glide between the blue lines.
- Backward skating "shoot the duck" between the blue lines

A2-2006



Card 30 BASIC SKILLS: SKATING

2. A2, Module 16

- Forward crossovers "zigzag" skating.
- Two figure eight's with only the outside skate pushing, lead with the inside shoulder.
- Alternate high crossover kicks in forward skating.
- Crossover skating forward around the five circles with a maximum of six players per group.
- Alternate high crossover kicks while skating backwards.
- Two backward figure eight's.
- Skating backwards around the five circles.

A2-2007

30b BASIC SKILLS: SKATING

2. A2, Module 17

- Forward crossover skating zigzagging down ice.
- Two figure eight's while flatfooted skating "scootering".
- Four figure eight's while flatfooted skating.
- Crossover skating around five circles with a maximum of six players per group. Concentrate on leading with the inside shoulder and using the outside edge of the inside skate and the inside edge of the outside skate.
- Skate backwards around the five circles. Plant and pull with the inside skate.
- Pivot forward to backward and back to forward around five circles. Keep the knees bent, seat down and lead with the shoulder and open the inside hip and turn.

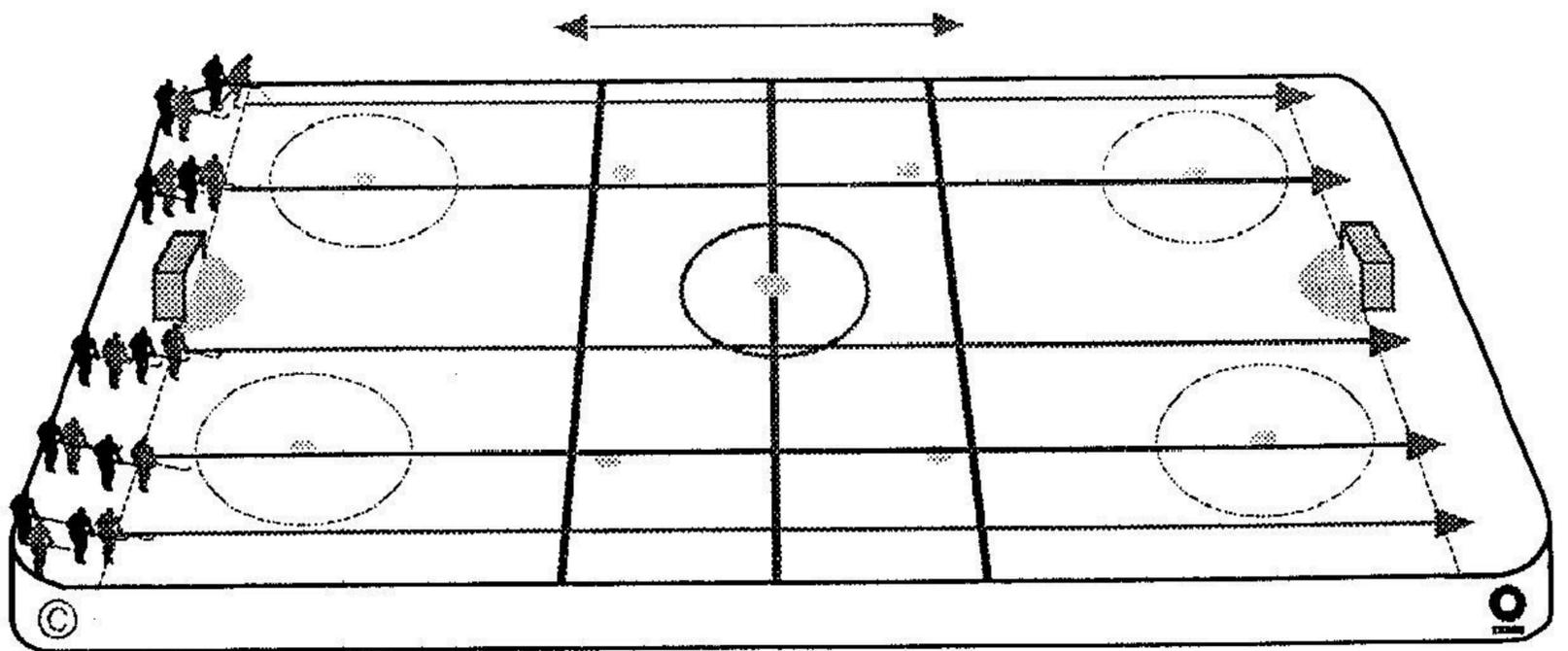
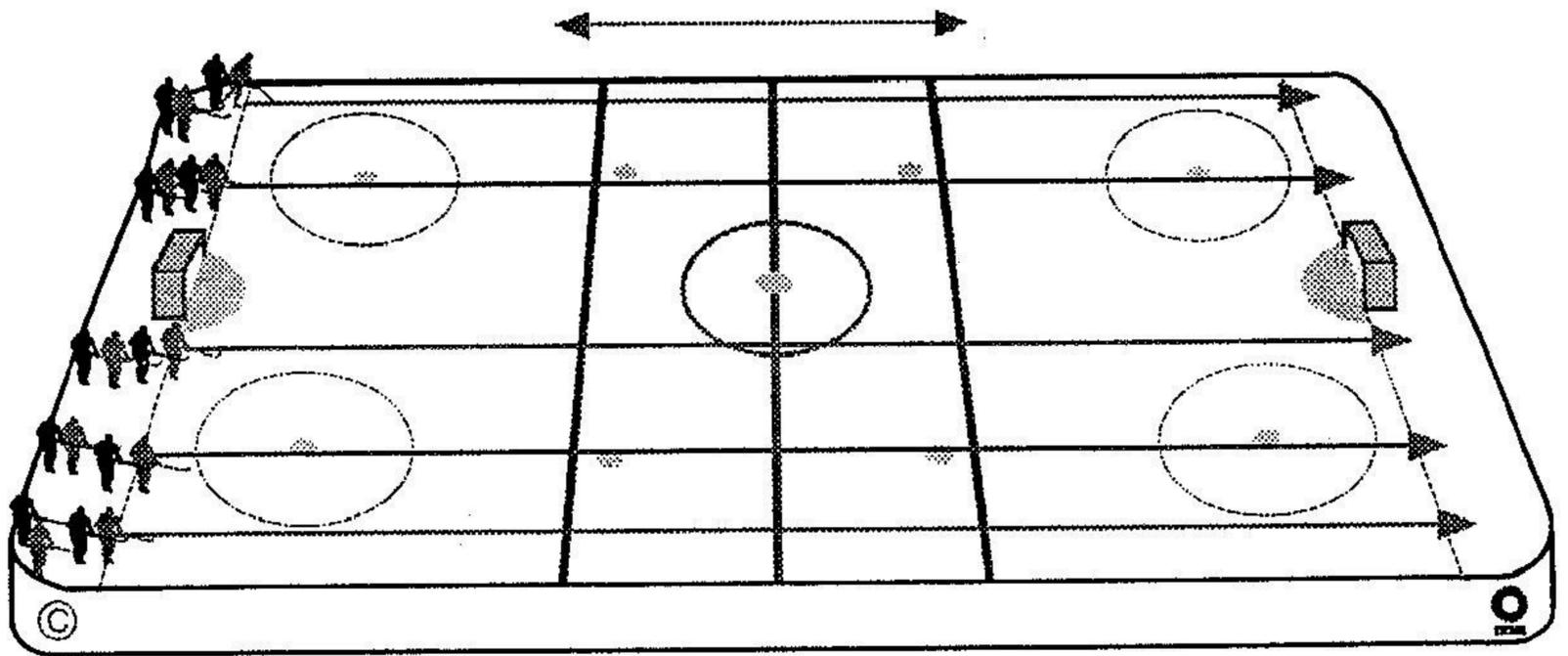
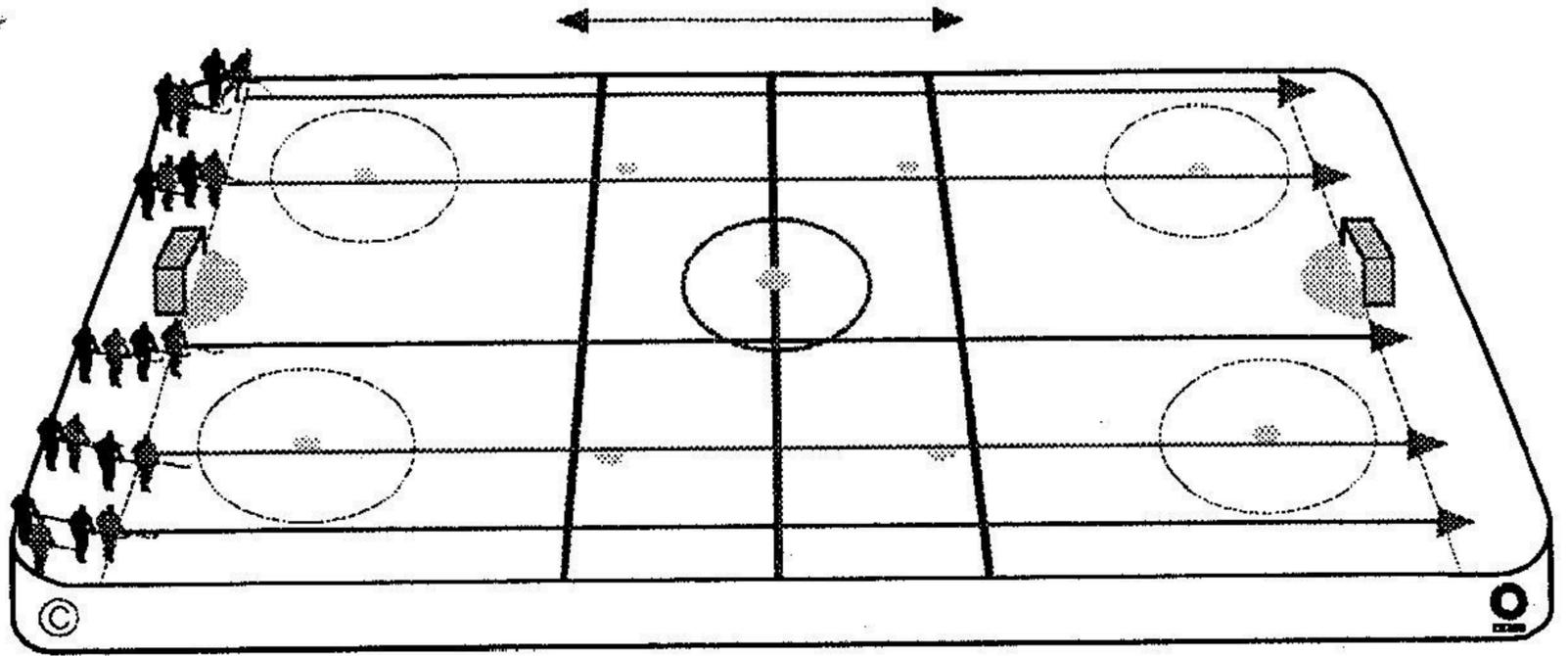
A2-2008

Card 31 BASIC SKILLS: SKATING

2. A2, Module 18

- Toe-in, toe-out flat footed skating gliding between blue lines.
- Forward skating using extra long strides.
- Starts and stops on lines using V or running start.
- Backward skating in a straight line.
- Alternate high cross kicks while skating backward.
- Skate full speed forward the length of the ice.
- Skate full speed backward the length of the ice.
- Start slowly from the end, speed up gradually and break to full speed at the blue line, glide in from the far blue line.

A2-2009



31b BASIC SKILLS: SKATING **A3**

2. A2, Module 19

- Forward skating using extra long strides.
- Backward skating down the ice using long strides and bent knees.
- Start slowly from the end, speeding up gradually and break to full speed at the blue line, glide in from the far blue line.
- Using the A3 formation around the rink skate, gliding between the blue lines and skating hard at each end.
- Around the ring skate easy at the ends and hard between the blue lines.
- Skate backward gradually building to full speed by the far blue line.
- Skate backward starting slowly and breaking fast between the blue lines.
- Skate around the rink and start fast backwards using quick crossovers and coast between the blue lines and fast at each end of the rink.

A2-2010

Card 32 BASIC SKILLS: SKATING

2. A2, Module 20

- Skate forward with extra long strides, stress bending the knees and seat down.
- Backward skating one length.
- Alternate touching one knee to the ice while skating forward.
- Drop on both knees at each line while skating forward.
- Alternate touching one knee to the ice while skating backward.
- Drop on both knees at each line while skating backward.

A2-2011

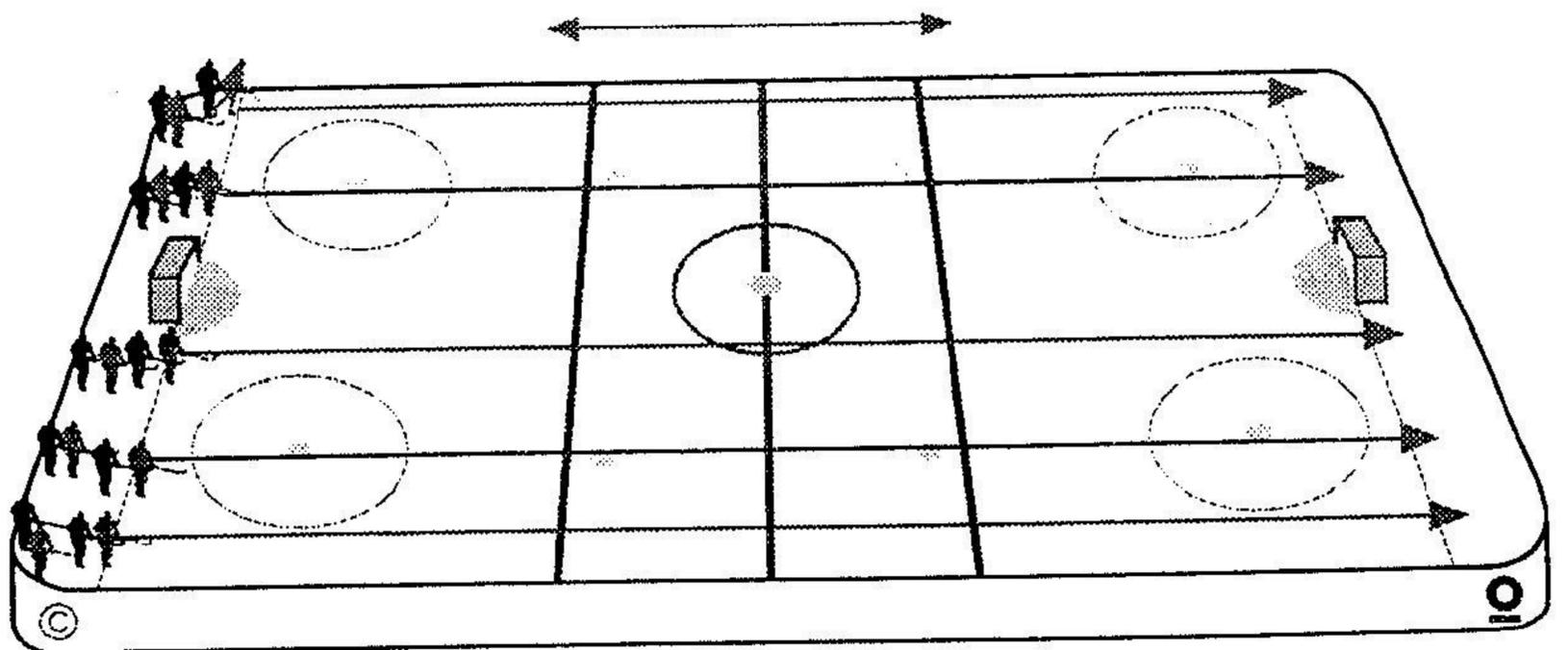
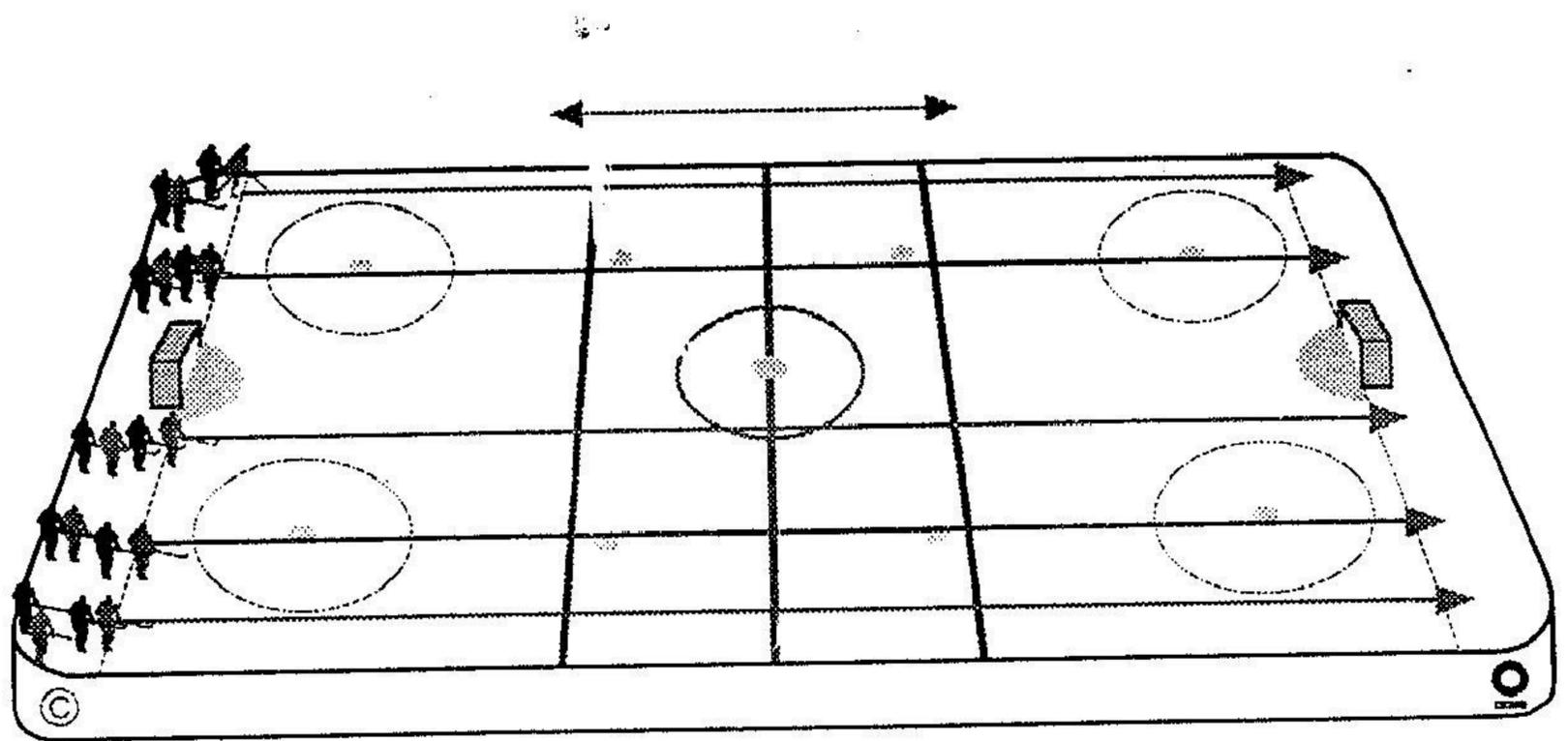
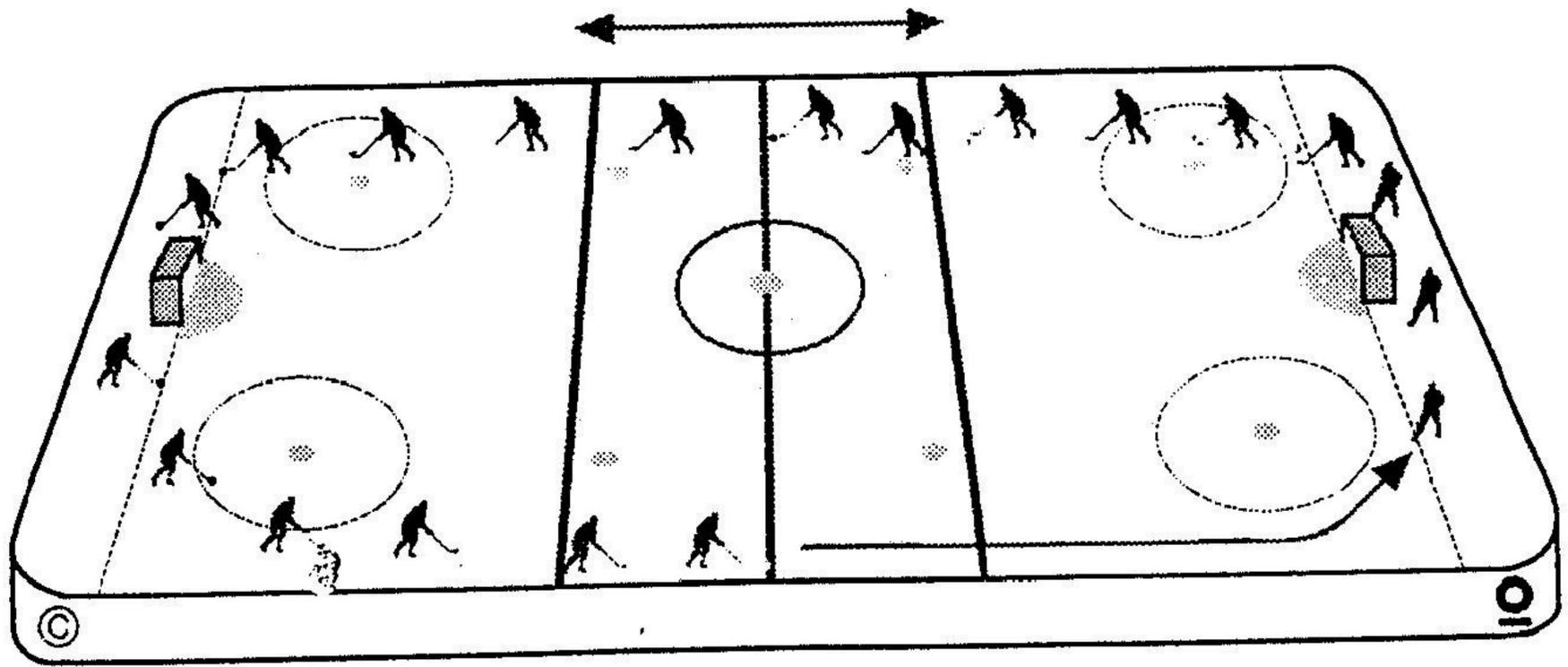
32b BASIC SKILLS: SKATING

2. A2, Module 21

"SKATING ROUTINE"

- Skate forward to the other end.
- Skate backward to the other end
- Crossover forward.
- Crossover backward.
- Pivot on the lines or on the whistle.
- Stops and starts on the lines or the coaches whistle.
- Tight turns on the lines or at the whistle.

A2-2012



Card 33 BASIC SKILLS: SHOOTING

2. B2, BASIC FORMATION

Players are lined with pucks inside the blue lines. The distance from the net is determined by the age of the players and the type of shot being used. The harder the shot the farther from the net is the principle used.

Teaching points:

The simplest way is to start the shots from the left of the goalkeepers. In the middle of the exercise start from the right. You can have players; alternate from one end then the other, every second player shoot, skate in and shoot etc. Keep the shots below knee level and on the net. Players should focus on the netting behind the goalie and not on the goalie. Watch the goaltender to see if he centre's himself with the puck and if he plays his angles properly. The next player doesn't shoot until the goalkeeper has completed his save. If the players miss the net they must do some exercise such as push-ups etc.

B2-2001

33b BASIC SKILLS: SHOOTING

2. B2, Module 1

- Sweep shots in a line from various distances.
- Backhand sweep shots from different distances.
- Sweep shots while skating.

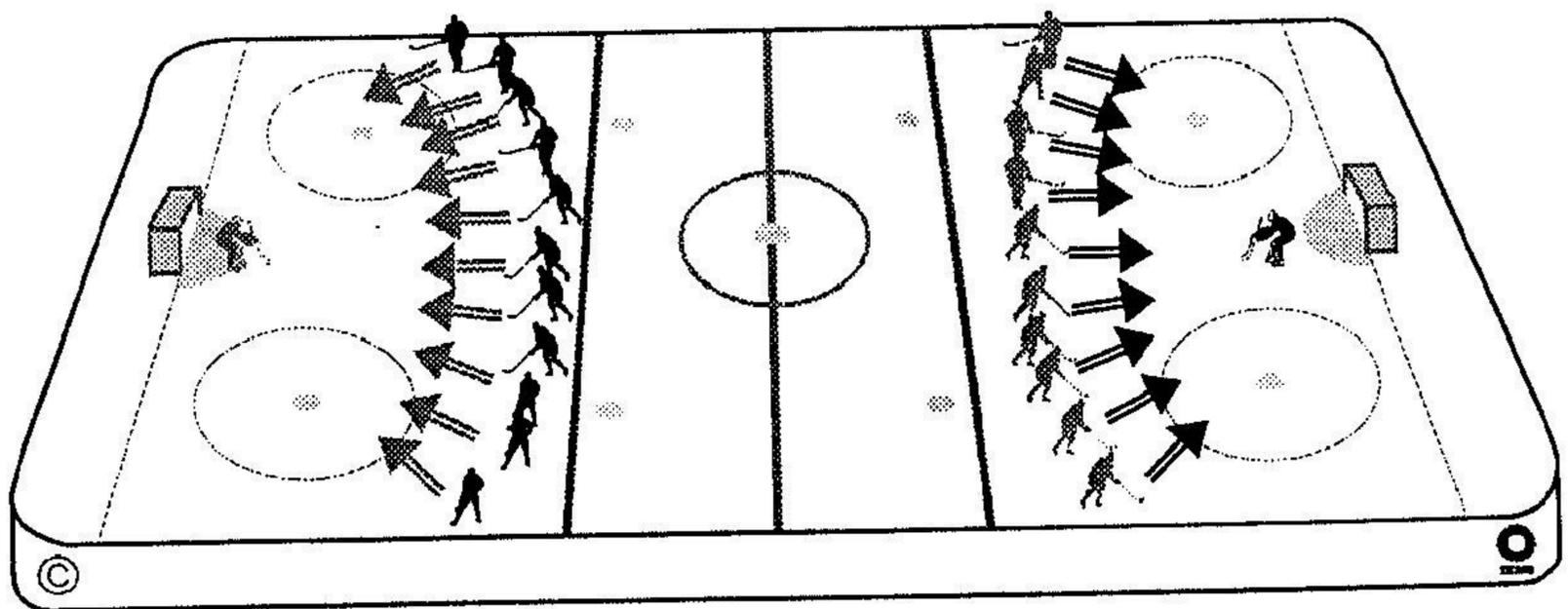
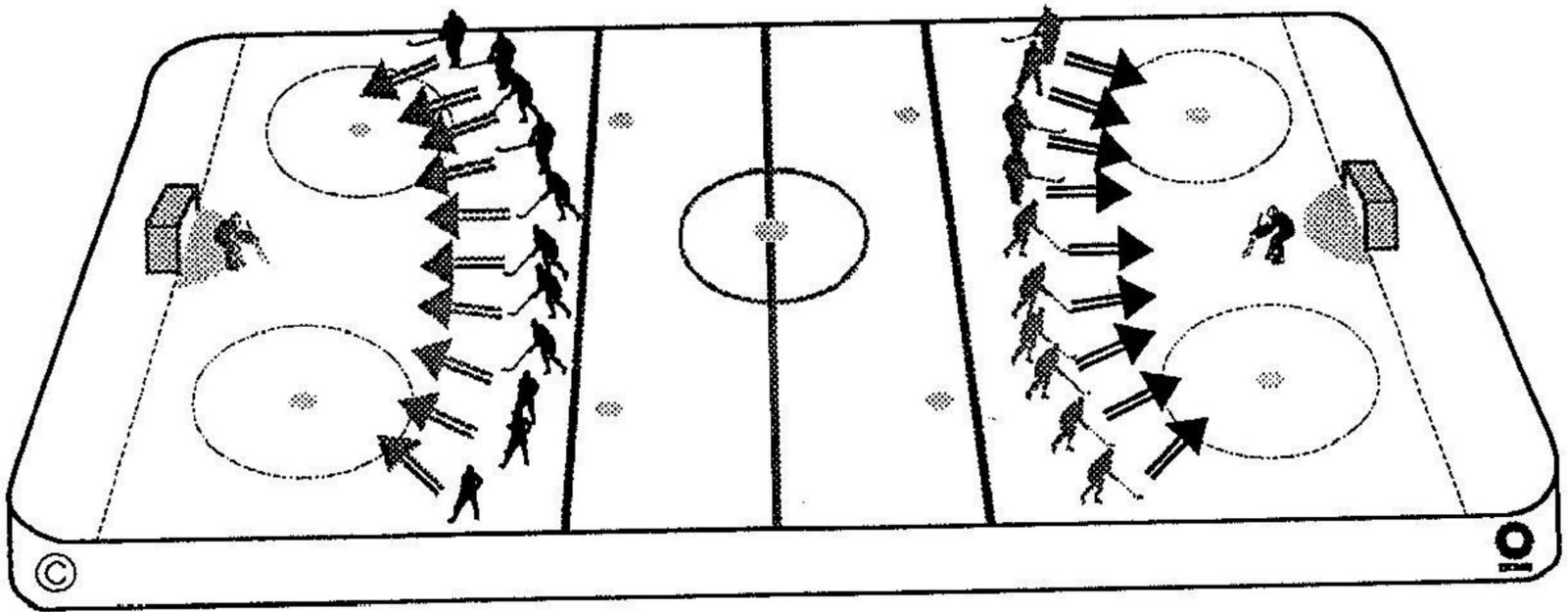
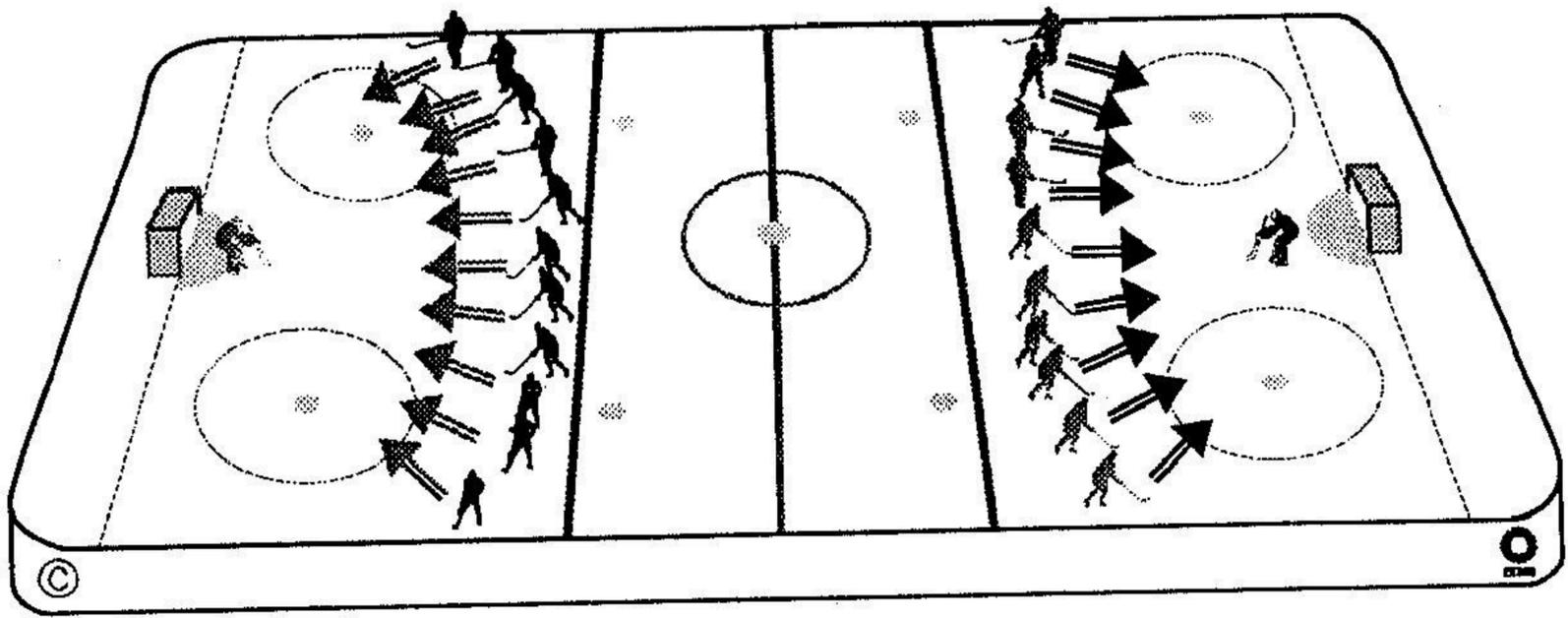
B2-2002

Card 34 BASIC SKILLS: SHOOTING

2. B2, Module 2

- Sweep shots while skating.
- Backhand sweep shot while skating.
- Forehand and backhand stationary wrist shot.
- Turn 90 degrees and make the row into a line. Take turns skating in and shooting from the end of the line.

B2-2003



34b BASIC SKILLS: SHOOTING

2. B2, Module 3

- Sweep shots while skating.
- Backhand sweep shot while skating.
- Forehand and backhand stationary wrist shot.
- Turn the row 180 degrees and face the opposite goal. Shoot on the far net skating one at a time through the players at the other blue line.

B2-2004

Card 35 BASIC SKILLS: SHOOTING

2. B200, EXERCISE

The basic B2 formation with the players in a row at the blue line. The players skate around the instructor or a pylon and take a shot on net. This exercise helps the goalie in playing angles.

Teaching points:

When cutting in the player should protect the puck with her body shielding it with an arm or leg. Move the pylon or coach in order to practice cutting in at various angles. Give the goalie time to prepare for the next shooter.

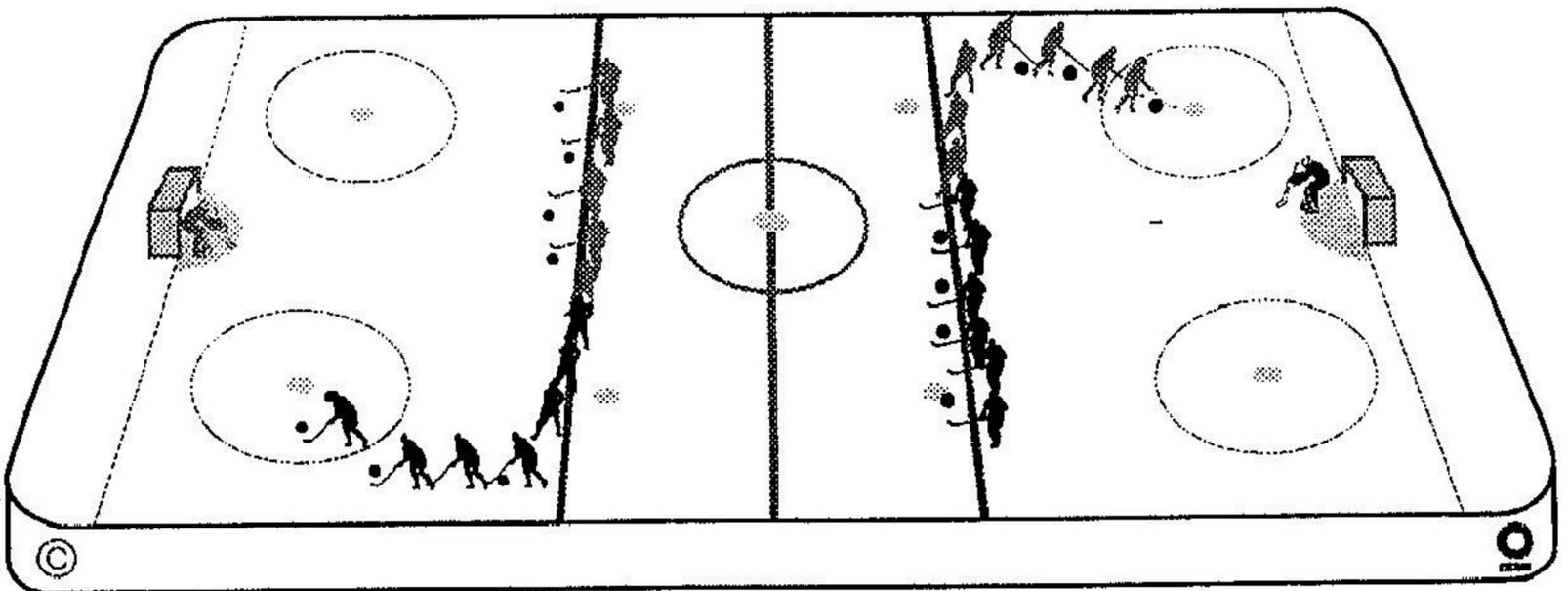
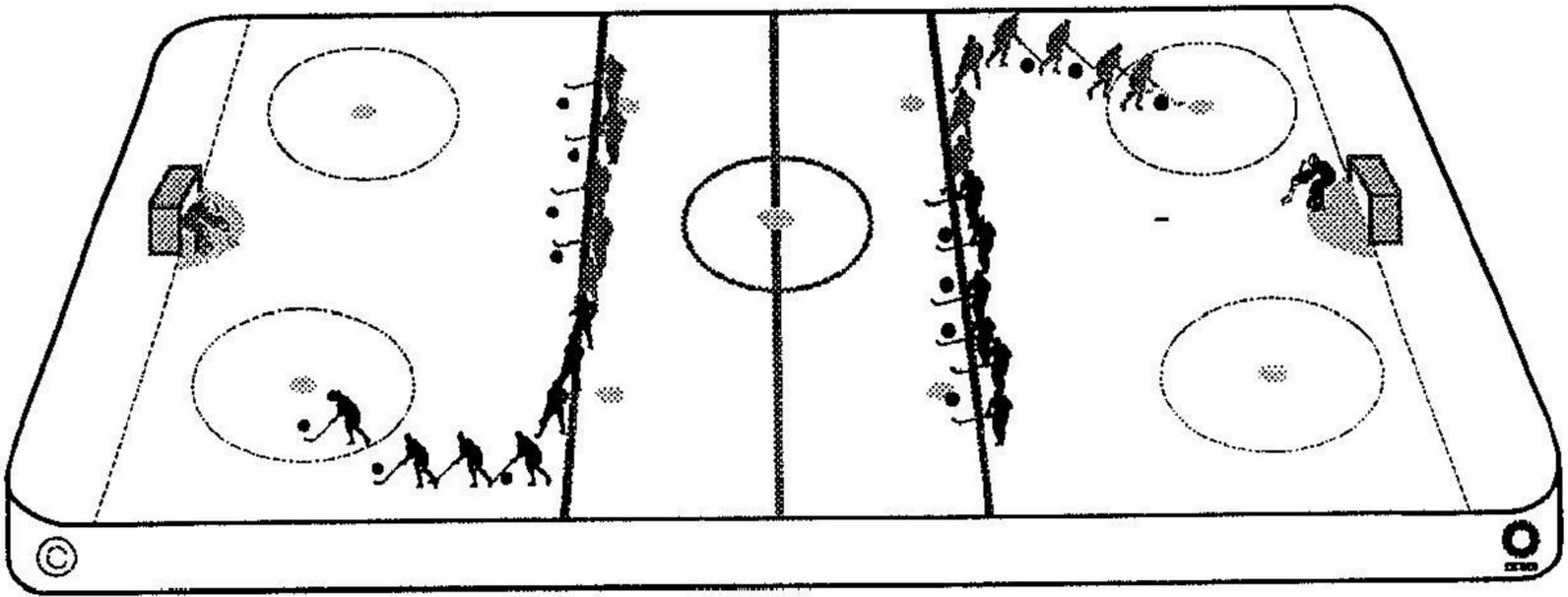
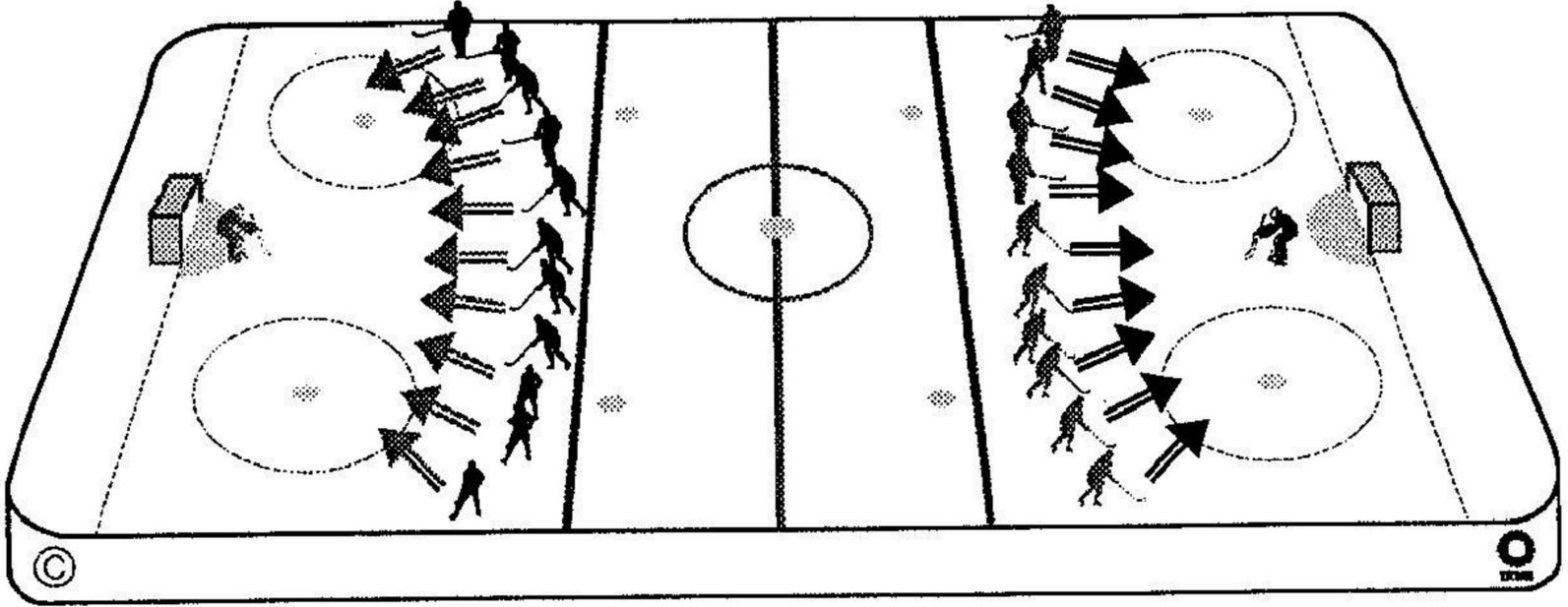
B200-2001

35b BASIC SKILLS: SHOOTING

2. B200, Module 1

- Skate to the top of circle and take a sweep shot on goal.
- Skate to the top of circle and take a wrist shot on goal.
- Skate to hash marks and take a backhand shot on goal.

B200-2002



Card 36 BASIC SKILLS: STICK HANDLING

2. B300, EXERCISE

The players line up in two lines down the middle of the ice. This formation is used to practice stick handling and puck protection skills.

B300-2001

36B BASIC SKILLS: STICK HANDLING

2. B300, Module 1

Stick handling techniques

- Check the stick length to make sure the player can handle the puck across the front of her body and it is long enough to keep the head up.
- With no gloves grip the stick using only the top hand.
- Control the stick with both hands without gloves.
- Control the stick using only the top hand and roll the wrist.

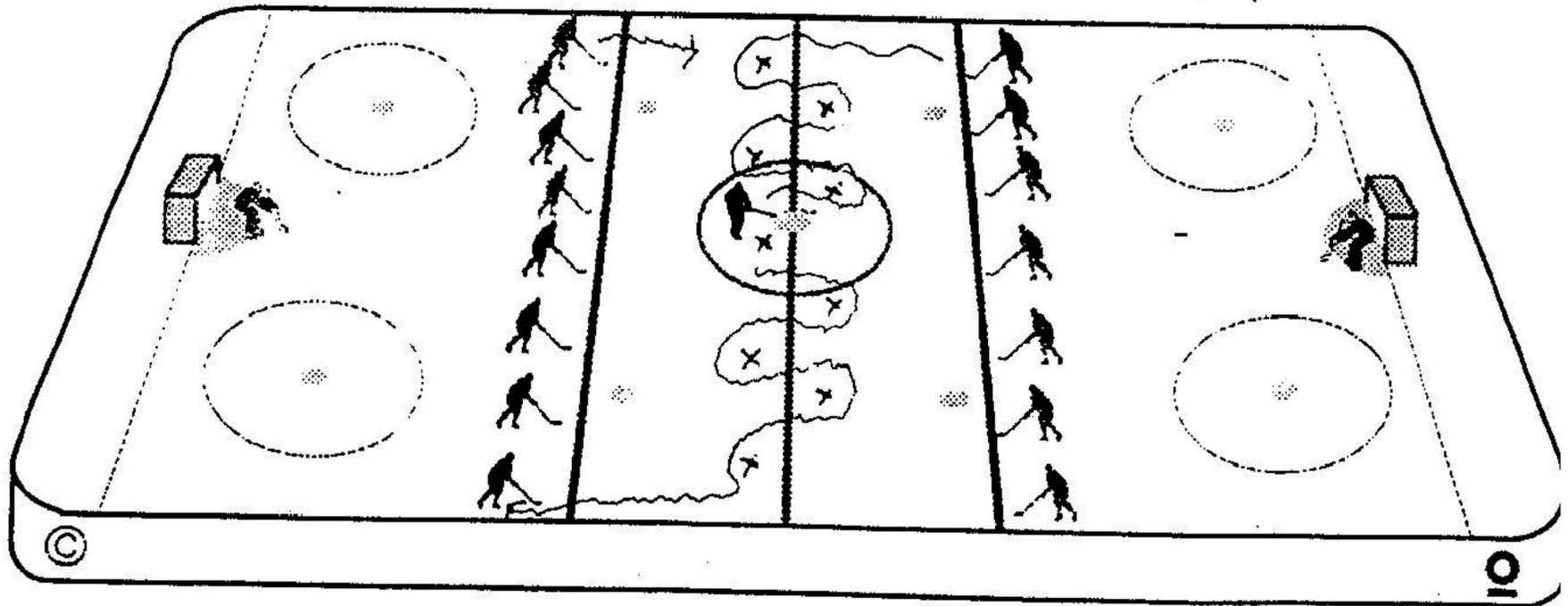
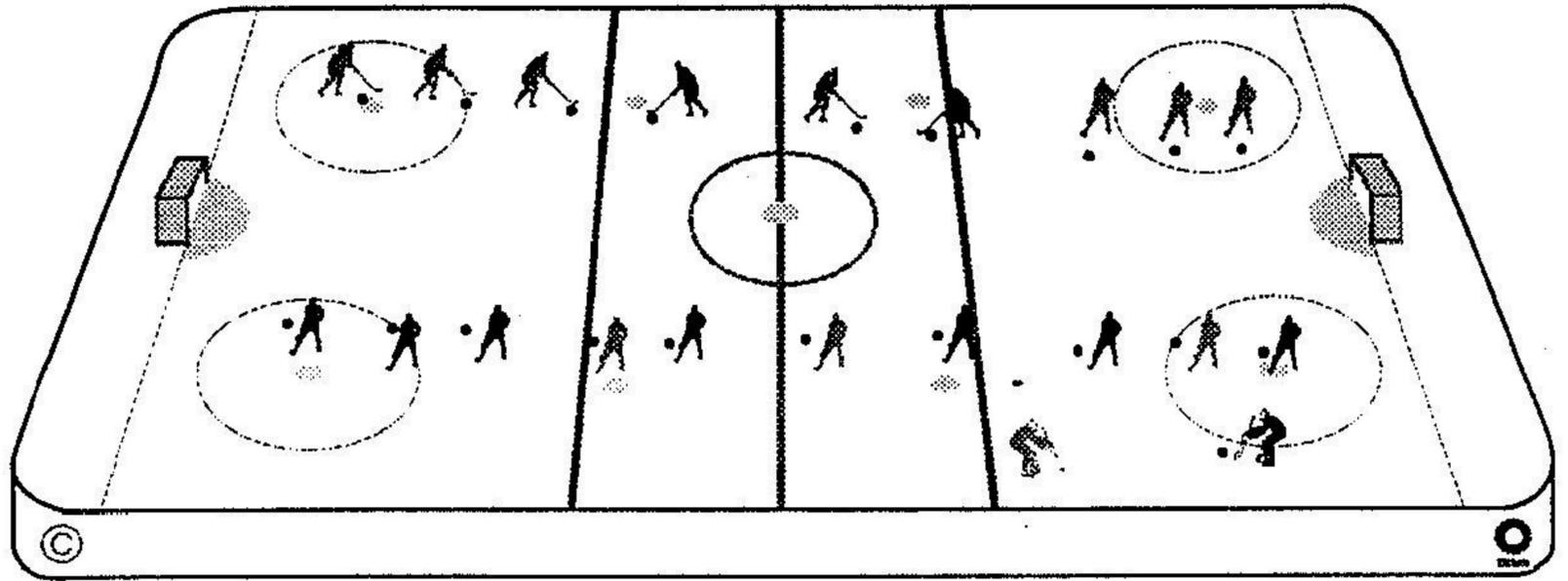
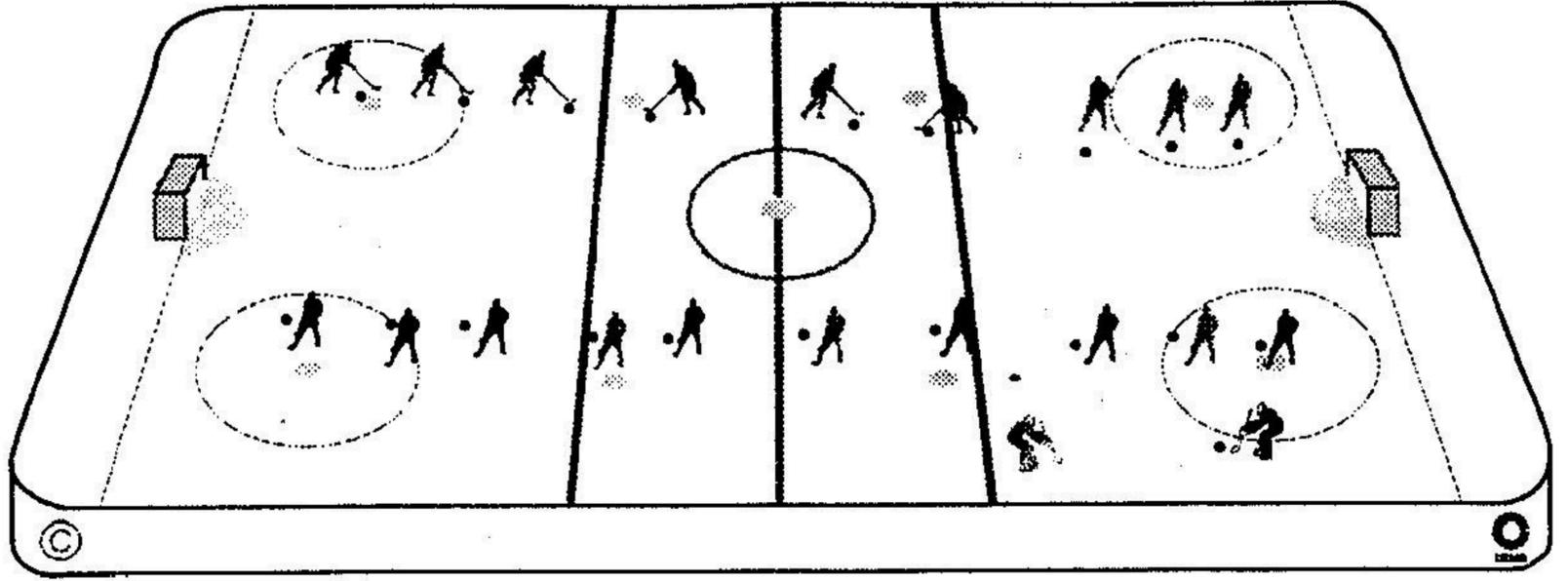
B300-2002

Card 37 BASIC SKILLS: PUCK HANDLING

2. B300, Module 2

- Stationary puck handling; move the puck narrow and wide in front and at each side of the body.
- Tight forehand turn with the top hand across the body and under the other arm. This helps the players separate the top and bottom half of their bodies.
- Place pylons about 4m. apart and .5m. on either side of the blue line, skate around the pylons and carry the puck over the line. The player must reach as far as possible to keep the puck on the line. This separates the movement of the top and bottom half of the body.

B300-2003



37B BASIC SKILLS: PUCK HANDLING

2. B300, Module 6

- Place a circuit of tires, pylons and small sawhorse type obstacles in four lanes up and down the rink.
- Make lanes from the boards to the offside dot, one down each side and one down the middle. The players leave from the A2 position behind the goal line in one corner, skate down the lanes, going through, over, under and around obstacles while carrying a puck.
- When they finish in the corner they skate behind the net to the back of the line. Move the line so that they are active 50% of the time. Shots can be incorporated in the circuit.

B300-2004

Card 38 BASIC SKILLS: PUCK HANDLING

2. B300, Module 7

- Have all of the players carry a puck in a small area, such as inside a face-off circle with about six players, or between the blue lines with a large group.
- The players weave in and out always protecting the puck with their body. On the whistle skate fast for about 5 seconds, then slow down on the next whistle. Various puck protection skills can be practiced.
- Start with having them shield the puck with their body whenever another player approaches, next have them spread their legs wide apart and use head and shoulder fakes before swerving around the other player, then have them hold the stick with only the top or bottom hand, this causes them to shield the puck, as they cannot stick handle well with one hand.

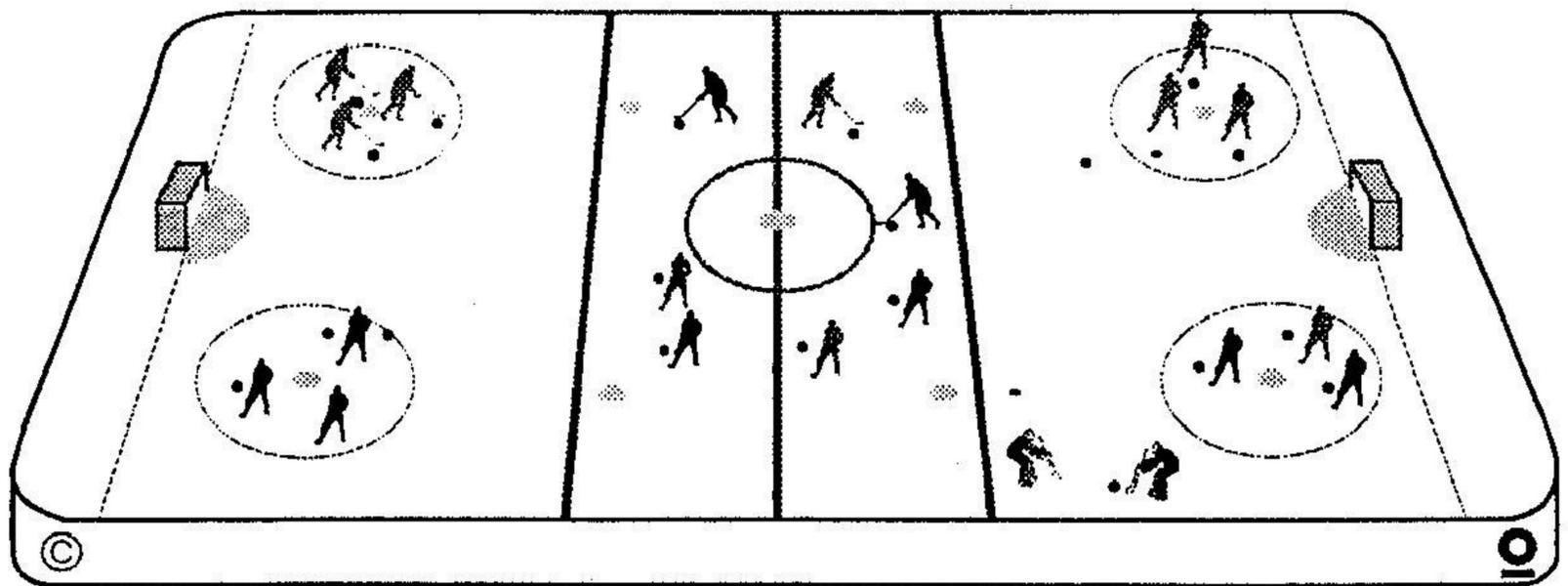
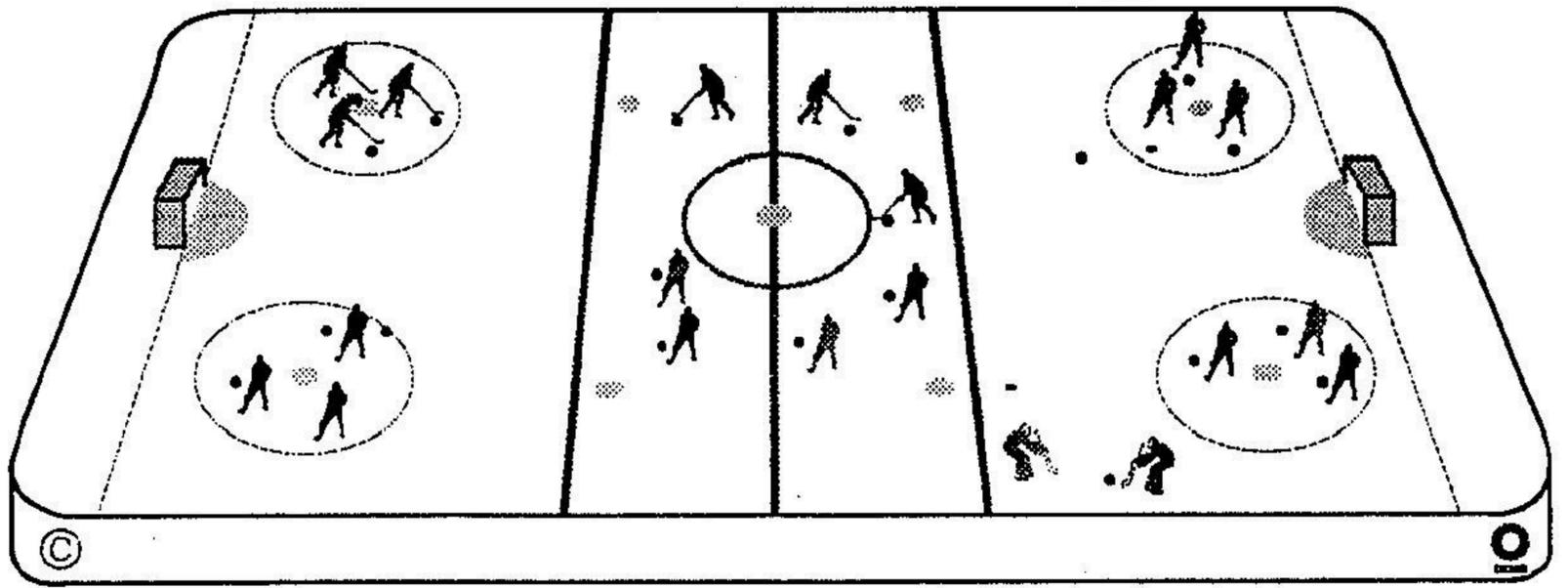
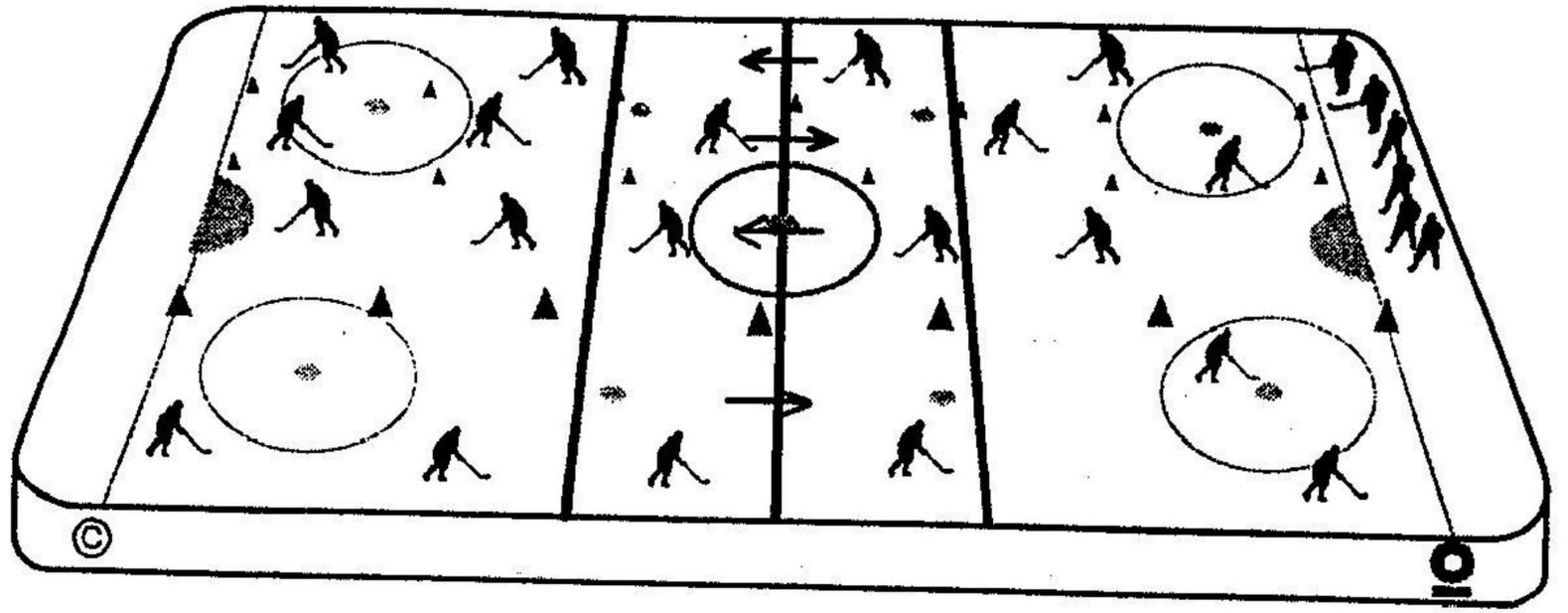
B300-2005

38b BASIC SKILLS: PUCK HANDLING

2. B300, Module 8

- Have all of the players carry a puck in a small area, such as inside a face-off circle with about six players, or between the blue lines with a large group.
- The players play keep-away always protecting the puck with quick moves and with their body. On the whistle remove one or two pucks. Those players without a puck on the whistle must do a few push ups.

B300-2006



Card 39 BASIC SKILLS: PUCK HANDLING

2. A200, PUCK HANDLING ROUTINES

A200 formation is similar to A2 basic formation, except the exercises are executed with the puck.

2. A200, Module 1

- Carry the puck the length of the ice while skating forward.
- Carry the puck the length of the ice while skating backward.
- Carry the puck the length of the ice while zigzag skating forward.
- Carry the puck the length of the ice while zigzag skating backward.

A200-2001

39b BASIC SKILLS: PUCK HANDLING

2. A200, Module 2

- Carry the puck the length of the ice skating two figure eight's, one on each side of the red line while skating forward
- Carry the puck the length of the ice while skating backward, making two figure eight's, one on each side of the red line.
- Carry the puck the length of the ice while pivoting in a circle, to the right at one blue line and to the left at the other.

A200-2002

Card 40 BASIC SKILLS: PUCK HANDLING

2. B4, BASIC FORMATION

In the B4 formation the players practice individual skills by starting from two line ups in the centre of the rink. They leave from either end and perform various exercises.

B4-2000

40B BASIC SKILLS: PUCK HANDLING

2. B4, Module 6 and 7, PUCK HANDLING ROUTINES

- Stick handle the puck while skating forward.
- Stick handle the puck skating backward.
- Stick handle the puck, one figure eight between the blue lines while skating forward.
- Stick handle the puck, one figure eight between the blue lines while skating backward.
- Stick handle the puck around the face off circles with forward crossovers.

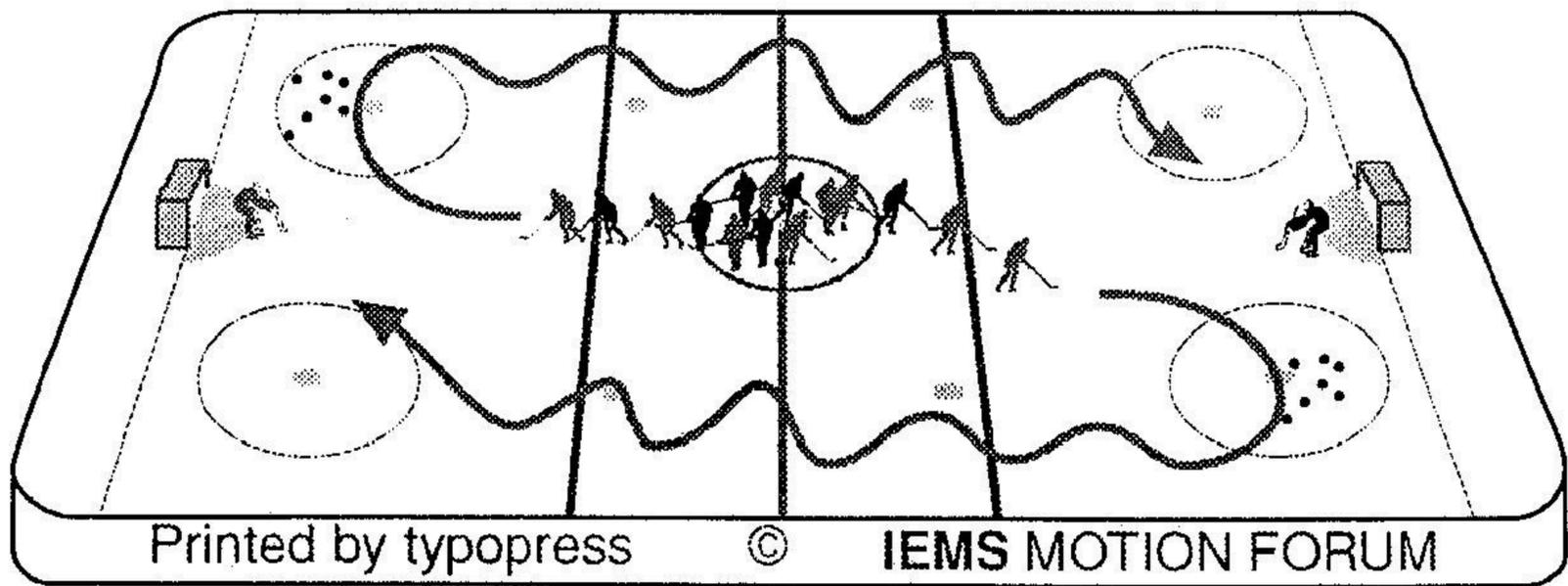
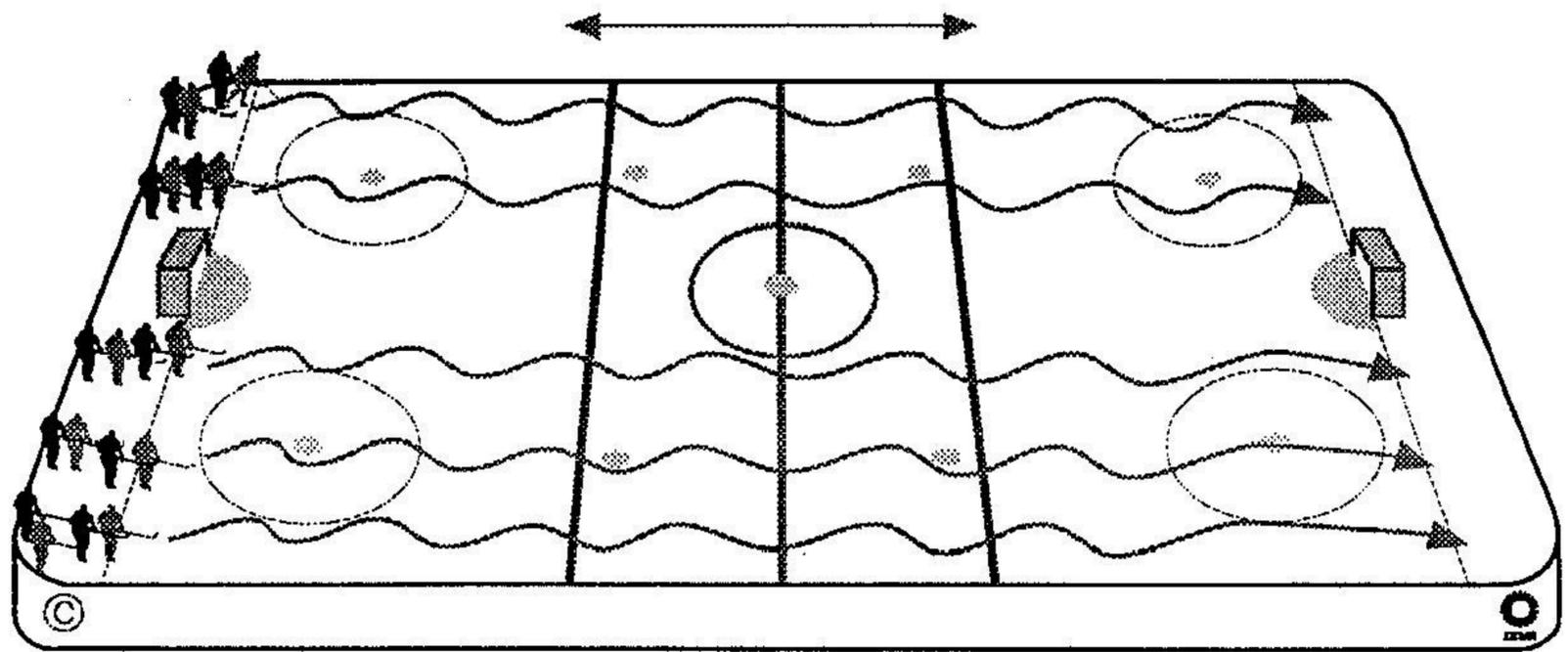
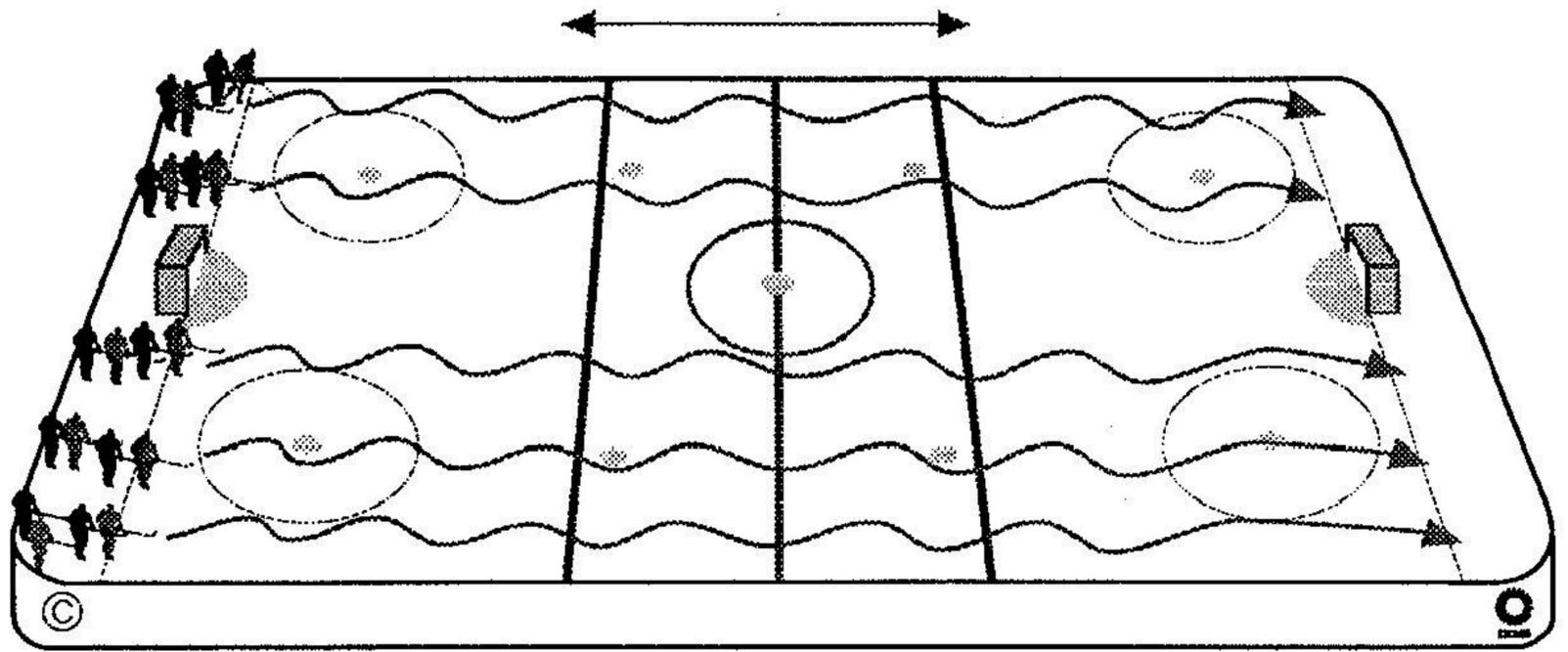
B4-2001

2. B4, Module 7

B4-2003

- Stick handle the puck, one figure eight between the blue lines while skating forward.
- Stick handle the puck, one figure eight between the blue lines while skating backward.
- Stick handle the puck around the face off circles with forward crossovers.
- Stick handle the puck around the face off circles while skating backward.
- Stick handle the puck with pivots on the lines. Alternate directions at each line.

B4-2002



Card 41 BASIC SKILLS: PUCK HANDLING

2. B4, Module 8, PUCK HANDLING ROUTINES

- Stick handle the puck, one figure eight between the blue lines while skating forward.
- Stick handle the puck, one figure eight between the blue lines while skating backward.
- Stick handle the puck, one two figure eight on each side of the red line, while skating forward.
- Stick handle the puck, one figure eight on each side of the red line, while skating backward.

B4-2004

41B BASIC SKILLS: PUCK HANDLING

2. B4, Module 9

- Make a figure eight while carrying the puck on the forehand side of the stick while skating forward.
- Make a figure eight while carrying the puck on the backhand side of the stick while skating backward.
- Make two figure eight's while carrying the puck on the forehand side of the stick while skating forward.
- Make two figure eight's while carrying the puck on the forehand side of the stick while skating backward.

B4-2005

Card 42 BASIC SKILLS: PASSING

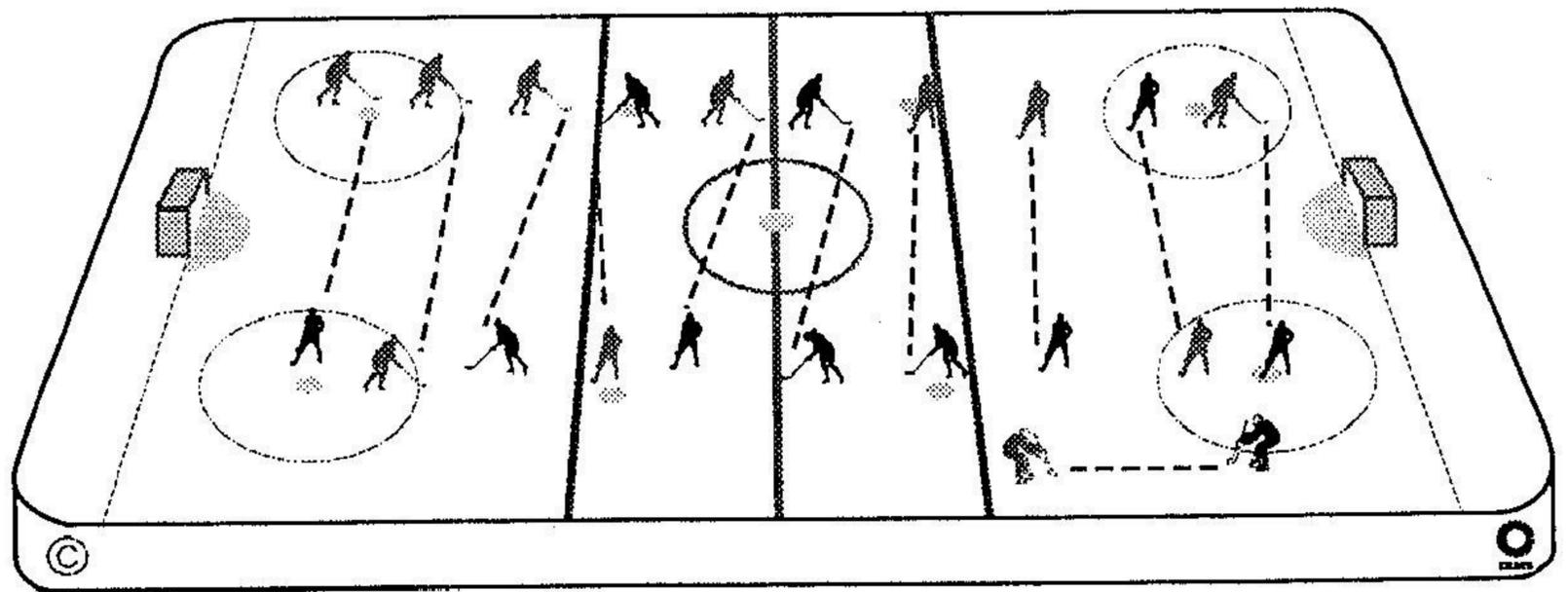
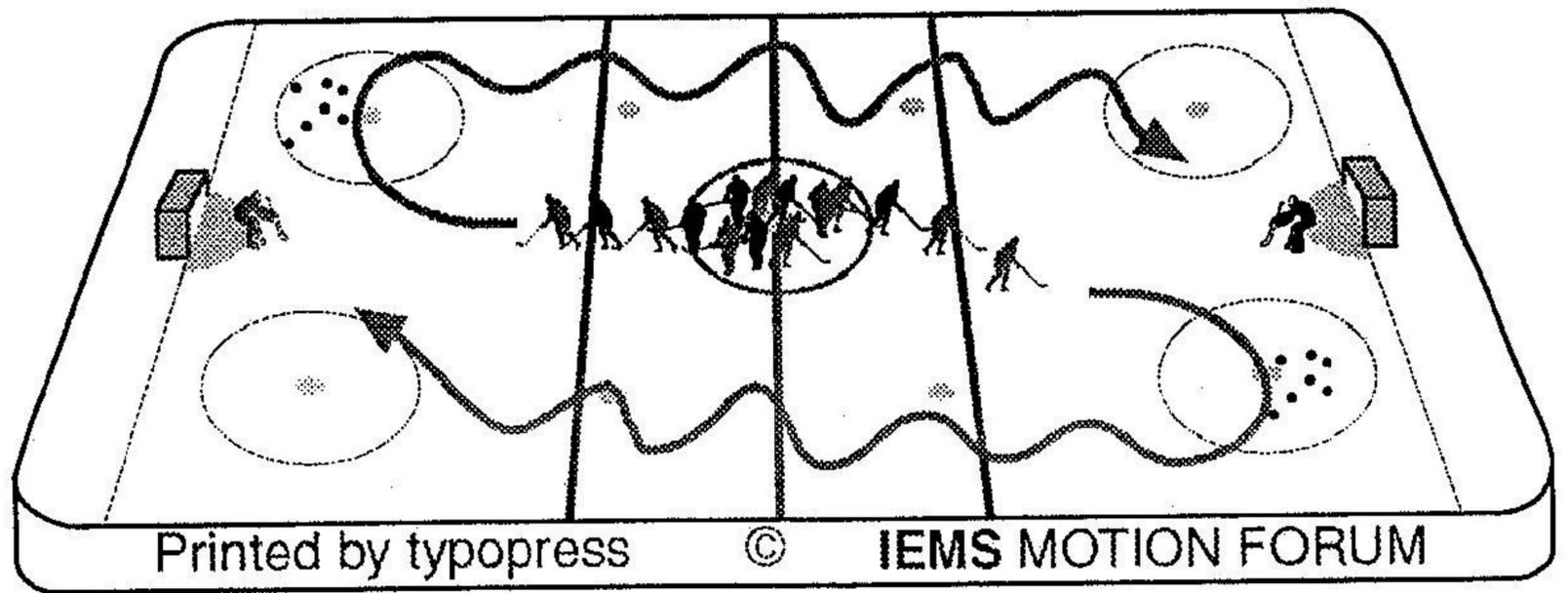
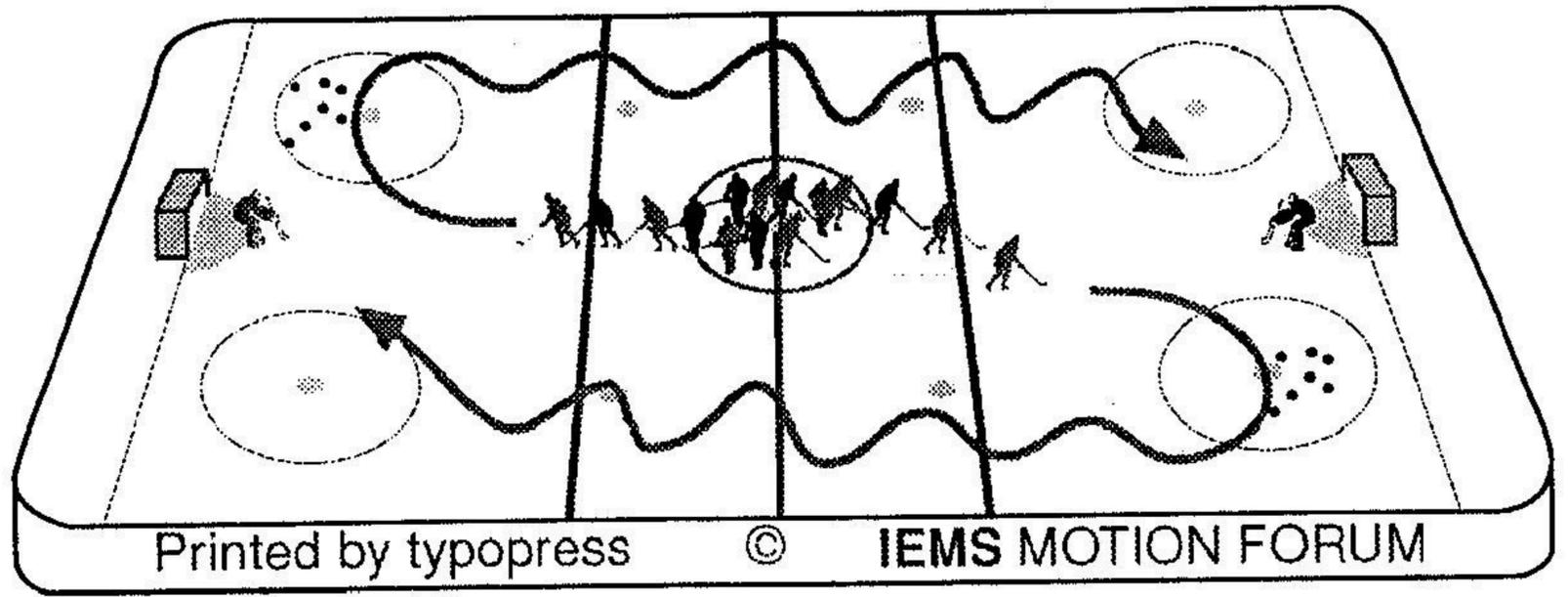
2. B3, BASIC FORMATION

The players line up facing each other parallel to boards. This formation allows them to learn passing skills. Teach the four phases of passing:

1. Wind up.
2. Force production by weight transfer from back to forward.
3. Release.
4. Follow through at the target.

Passes should be disguised within the stick handling motion and wrist passes should be used. Listen that the puck isn't slapped and the pass receiver has soft hands to receive the pass.

B3-2001



42B BASIC SKILLS: PASSING

2. B3, Module 1

- Keep the stick on the ice and square to the puck to take a pass. Keep the hands relaxed and give with the puck. The players should wrist pass by bringing the puck back for a wind up and rolling the wrists like they do when shooting a wrist shot. The passes should be quiet, no slapping noise or banging when they take the pass.
 - Forehand passing with a partner.
 - Backhand passing with a partner.
 - Practice eye contact between the passer and the receiver by passing 3-4 pucks across to different players in the opposite line, make sure there is eye contact before passing.
- B3-2002

Card 43 LEARNING THE GAME

2. D, Orientation,

PLAYING ROLES 1-3 IN PRACTICE

A cross ice game of 1 on 1 is the simplest and the best way to teach the role of the puck carrier (#1) and the checking player (#3) in practice. The player either attacks or defends during a 1 on 1 game and the transition from defense to offence and vice-versa is automatically experienced.

The players are organized in pairs and play a cross ice game for one minute. When the game ends the players on one side of the ice move down one goal, with the last player moving to the empty goal at the other end. Play one game against each player on the other side of the rink; the players keep track of their wins, losses and ties.

D-2001

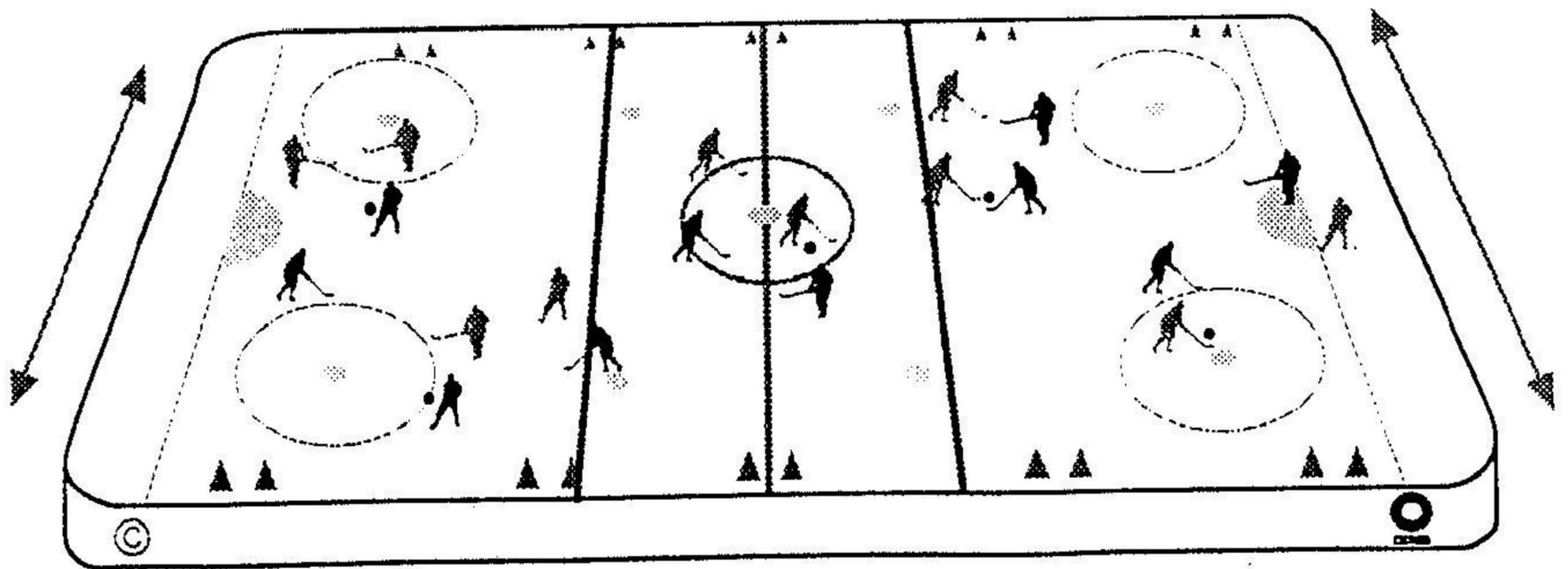
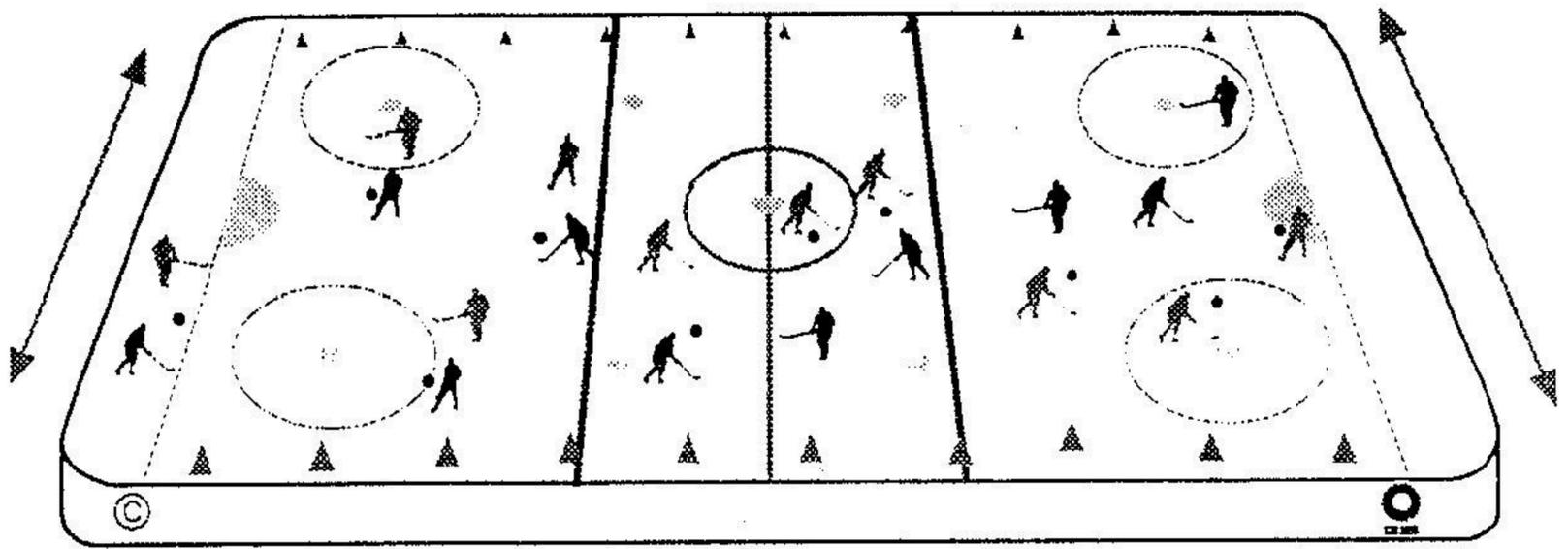
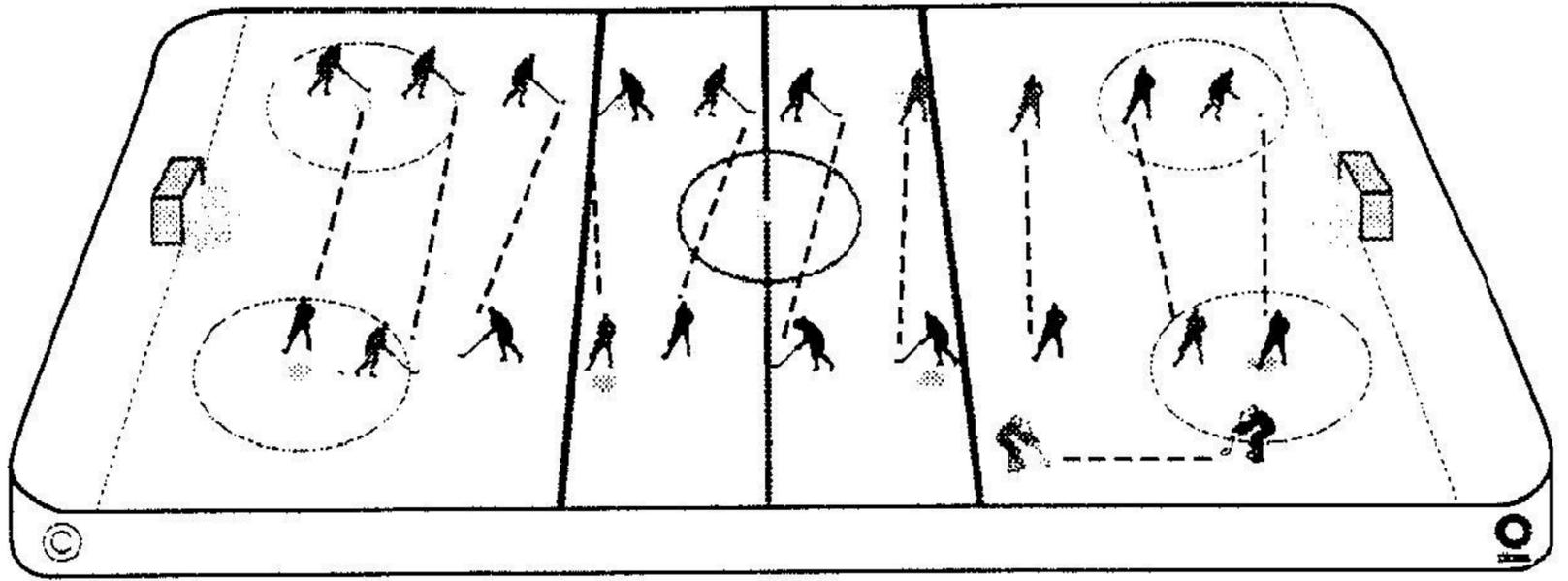
43b LEARNING THE GAME

2. D, Orientation,

PLAYING ROLES 1-2-3-4 IN PRACTICE

5 cross ice games. The players experience the four playing roles in practice during a 2 on 2 game the players continuously change their playing roles from a puck carrier (#1) to offensive support (#2) or closest checker (#3) to the defensive support (#4). The players are organized in pairs and play a cross ice game for two minutes. When the game ends the players on one side of the ice move down one goal, with the players at one end moving to the empty goal at the other end. Play one game against each team on the other side of the rink; the players keep track of their wins, losses and ties.

D-2002



Card 44 LEARNING THE GAME

2. D, Orientation,

THE AMOUNT OF PASSES AND LEARNING THE GAME

An effective way to teach the four playing roles is to have rules about how many passes are allowed. The less passes the more individual play (role #1 and role #3). The more passes the more team play (role #2 and #4).

D-2003

44b LEARNING THE GAME

2. D, Orientation,

CHANGING THE FOUR PLAYING ROLES WITH MORE THAN TWO PLAYERS

When the players understand the constant changing of playing roles in the 2 on 2 games they are ready for 3 on 3 and then 4 on 4 games. These games add the dimensions of the triangle and box in offensive and defensive situations.

Play a cross ice game in each zone for two minutes and then have the teams on one side move down one goal and the last team go to the empty net at the other end of the rink.

D-2004

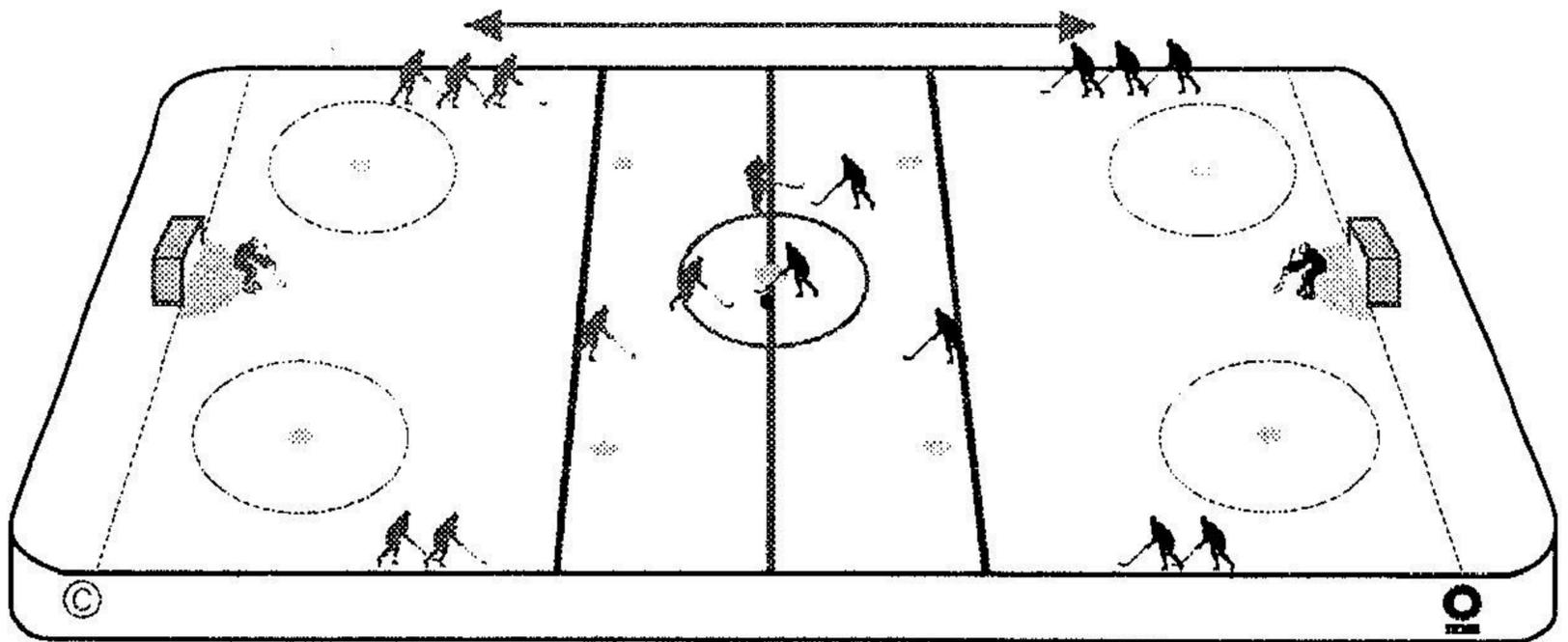
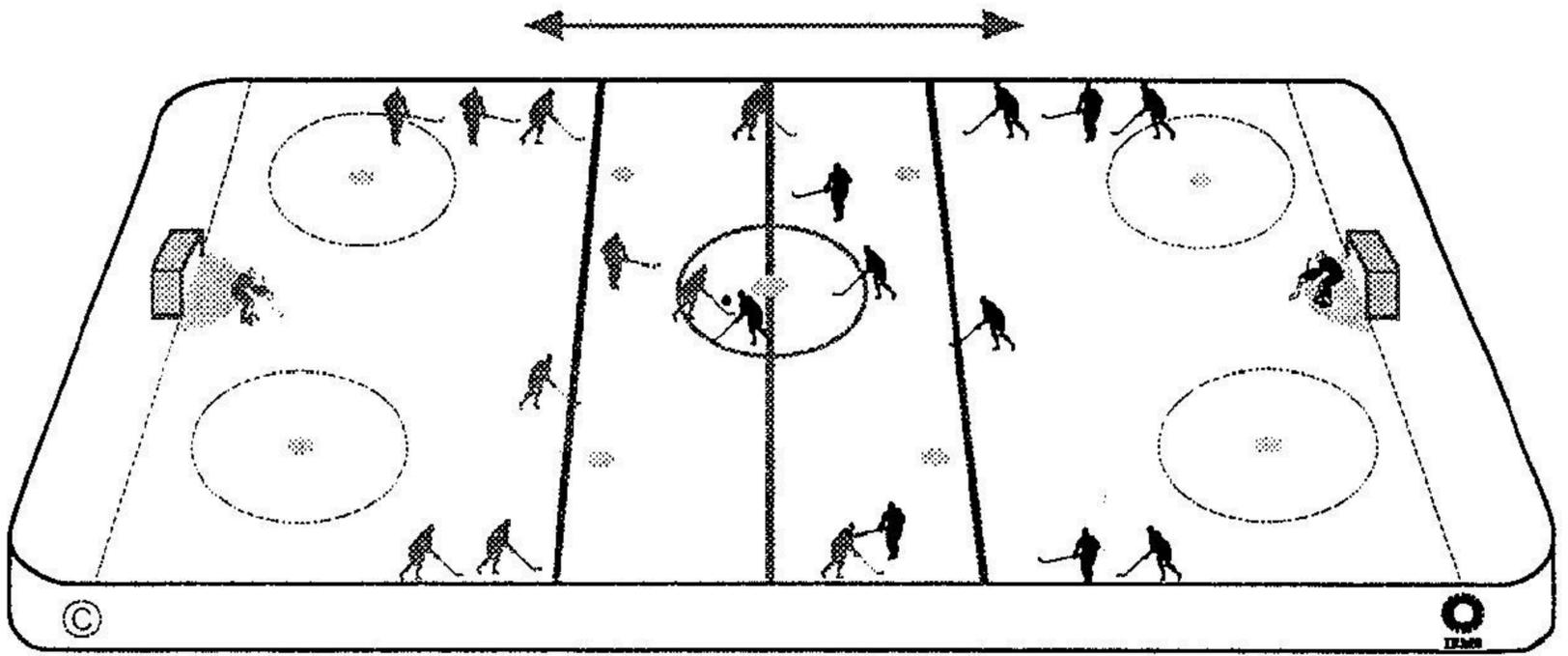
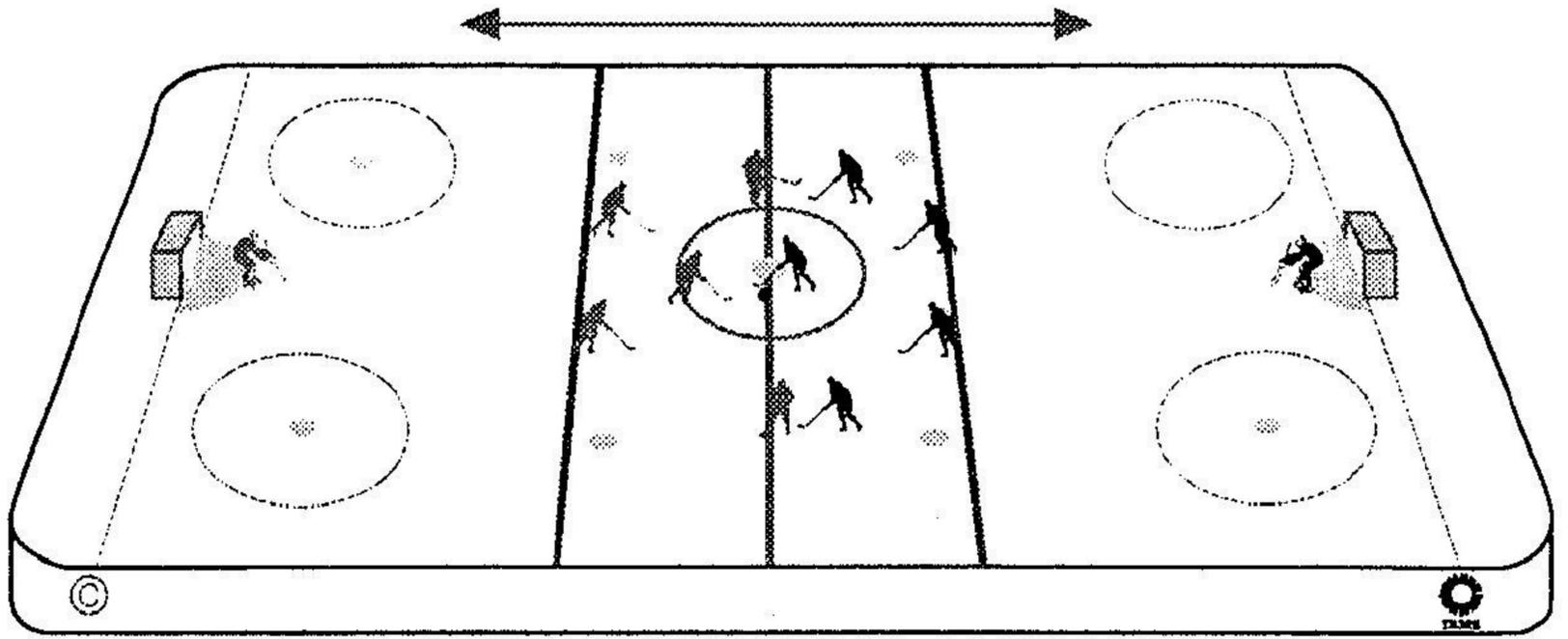
Card 45 LEARNING THE GAME

2. D, Orientation,

FULL ICE SMALL AND MODIFIED GAMES

Play full ice micro games of 1-1, 2-2, 3-3 to practice the four playing roles in the defensive, neutral and offensive zones. Use modified rules to create the situations that you want the players to practice. These rules can be designed to practice good habits (always face the puck), develop skills (only wrist passes are allowed) or team play concepts (two points for a goal scored from a play originating below the goal line encourages offensive cycling and low defensive coverage).

D-2005



45b LEARNING THE GAME

2. D, Orientation,

A HALF ICE GAME WITH BOTH TEAMS SHOOTING ON ONE GOAL

Play a half ice game using any number of players. Individual skills can be isolated in a one on one game. All of the four roles are practiced in a two on two game. Defensive and offensive triangles are used in a three on three game and a box offence and defense on a four on four game. Five on five has all of the team play components. All even and odd numbered situations like the power play or the six on five can be practiced.

Some methods of transition from defense to offence are:

- All players must get on side and the puck carrier must touch the red line before attacking.
- All players must touch the puck before scoring.
- Pass to new players who are waiting in the neutral zone and the attack, either against the original attackers or new defenders.

D-2006

Card 46 USING THE SPACE AND OBSTACLE COURSES

2. D, Orientation,

GAMES AND EXTRA EQUIPMENT

Small nets, boards to divide the rink, old tires for targets, bars to jump over or skate under, balls and any obstacle are excellent aids to practice hockey skills. Create circuits that use this kind of equipment in order to practice skills.

D-2007

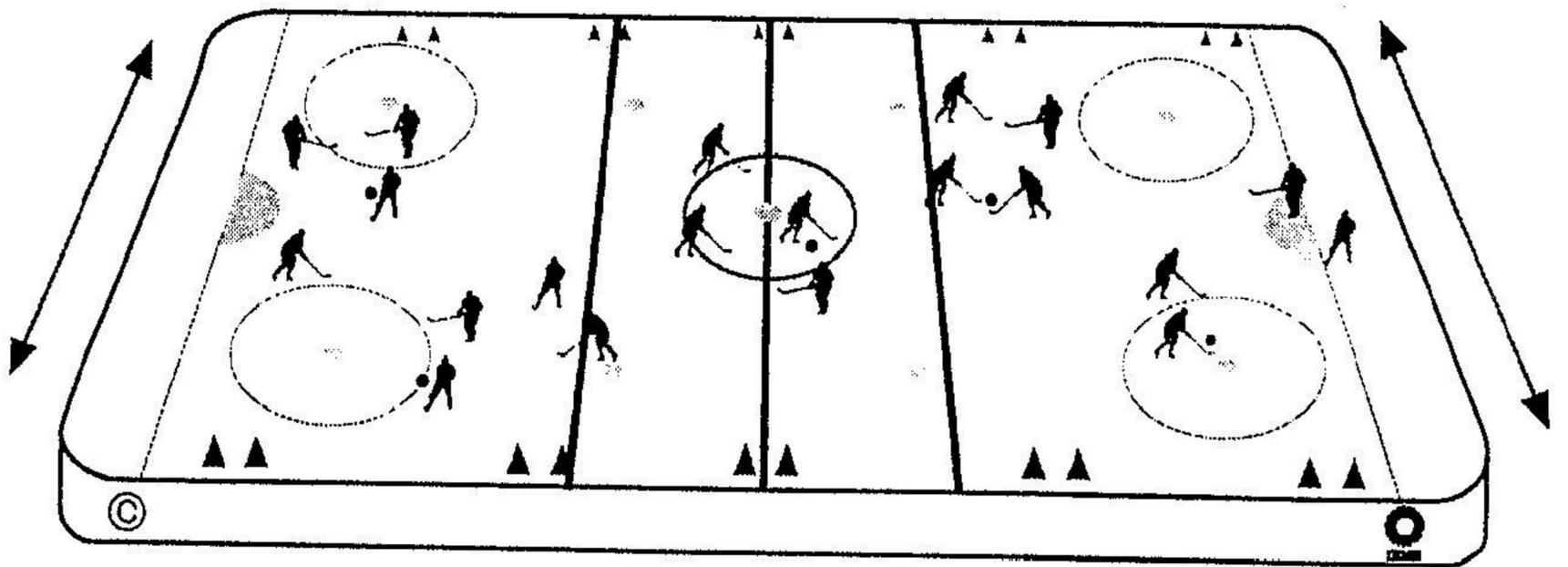
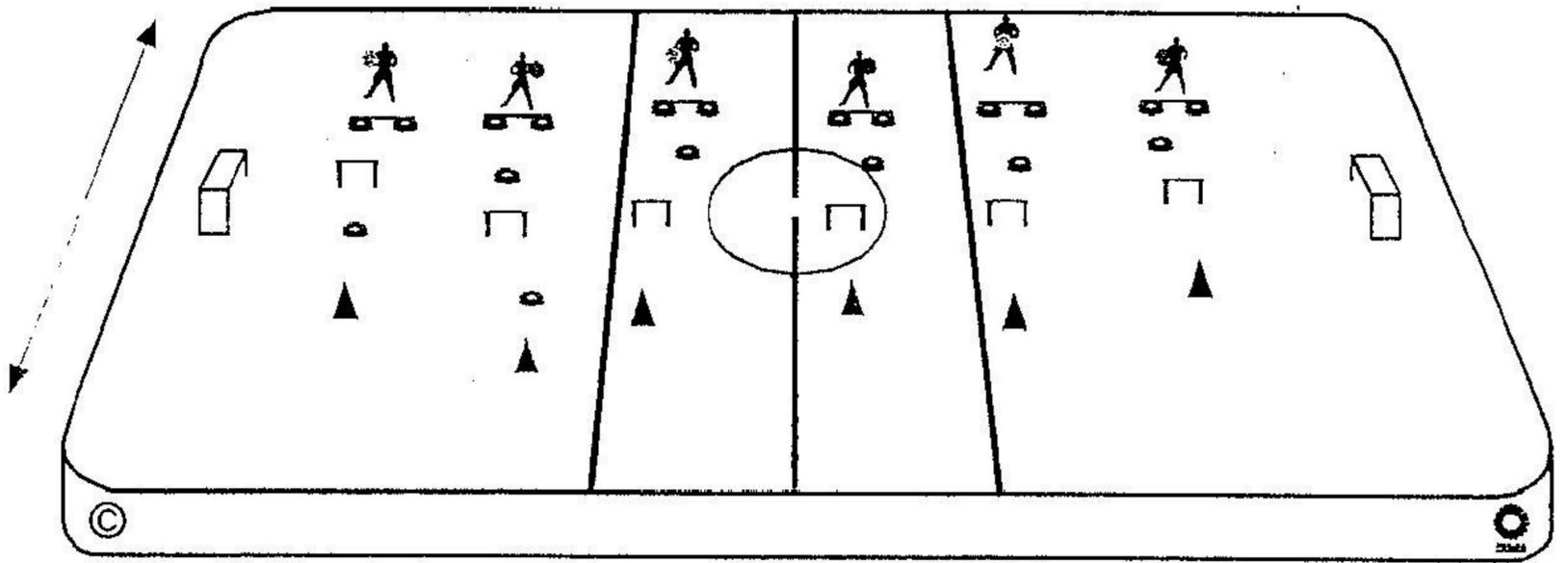
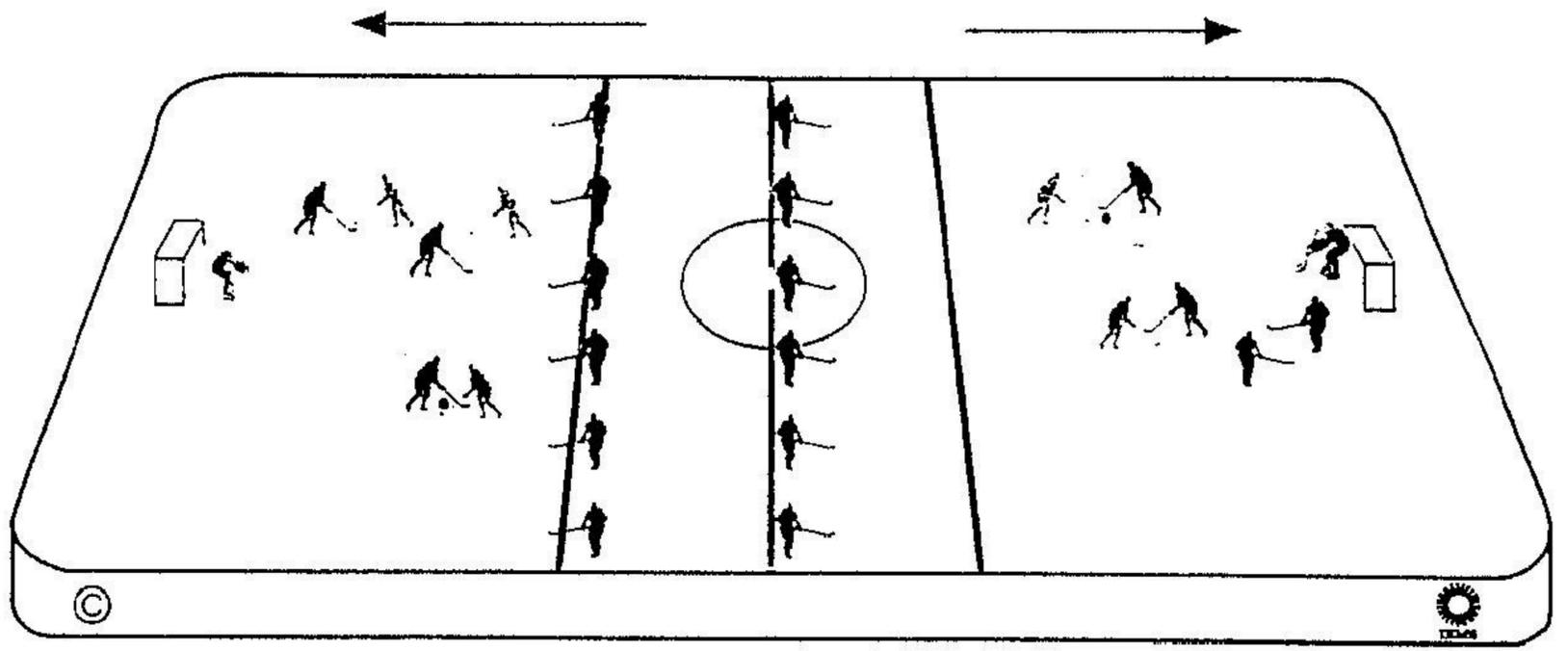
46b LEARNING THE GAME

2. D, Roles One and Two,

CROSS ICE GAME STRESSING EYE ON THE PUCK/ GOOD POSTURE

A fundamental rule is that the players must always face the puck during a game. Everything that happens in hockey is relation to the puck and the players must see the puck in order to know their playing role and be able to switch from one role to the other. This helps eliminate unnecessary turns, and useless skating. At the same time the coach can emphasize the proper skating posture, so that players are always in the ready position.

D-2008



Card 47 LEARNING THE GAME

2. D, Role One,

GAME USING ONLY THE FOREHAND

Play a game where the puck can be controlled only by using the forehand side of the blade. The game affects not only puck handling but also the movement of the players lower body. When the player changes the direction she must skate around the puck on the backhand side and this causes the hips and shoulders to go in different directions. It is also a good rule for learning to pull the puck towards the skates to beat a player or prepare to shoot.

D-2009

47b LEARNING THE GAME

3. D. Role One,

GAME USING ONLY THE BACKHAND

Play a game where the puck can be controlled only by using the backhand side of the blade. The game affects not only puck handling but also the movement of the players lower body. When the player changes the direction she must skate around the puck on the forehand side and this causes the hips and shoulders to go in different directions.

D-2010

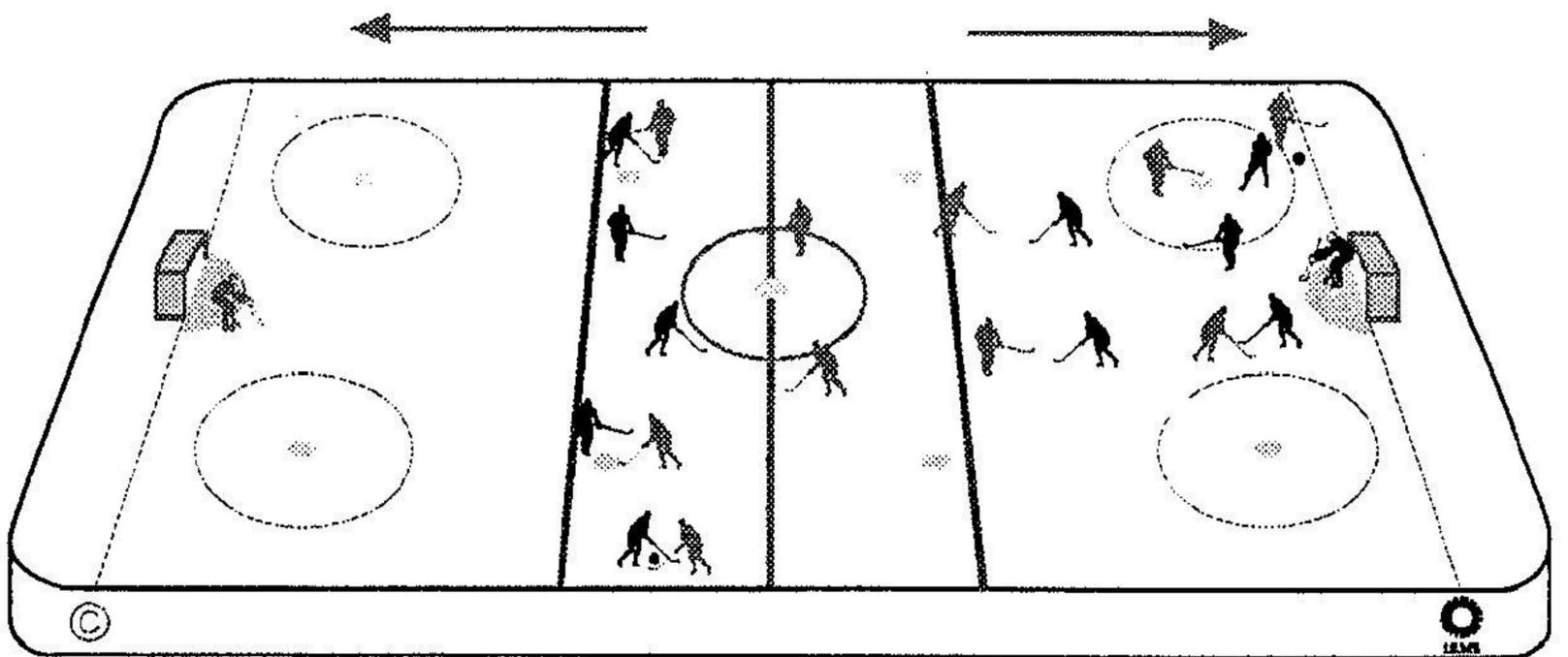
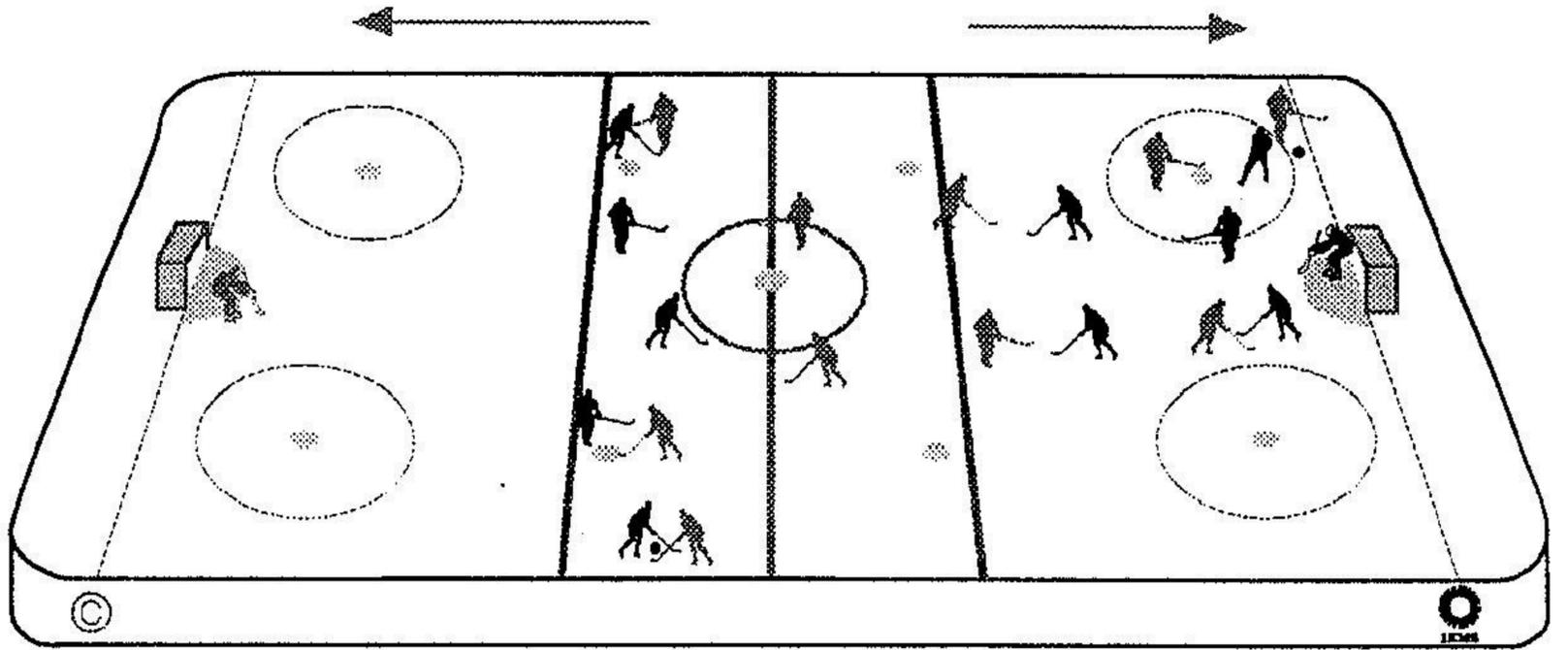
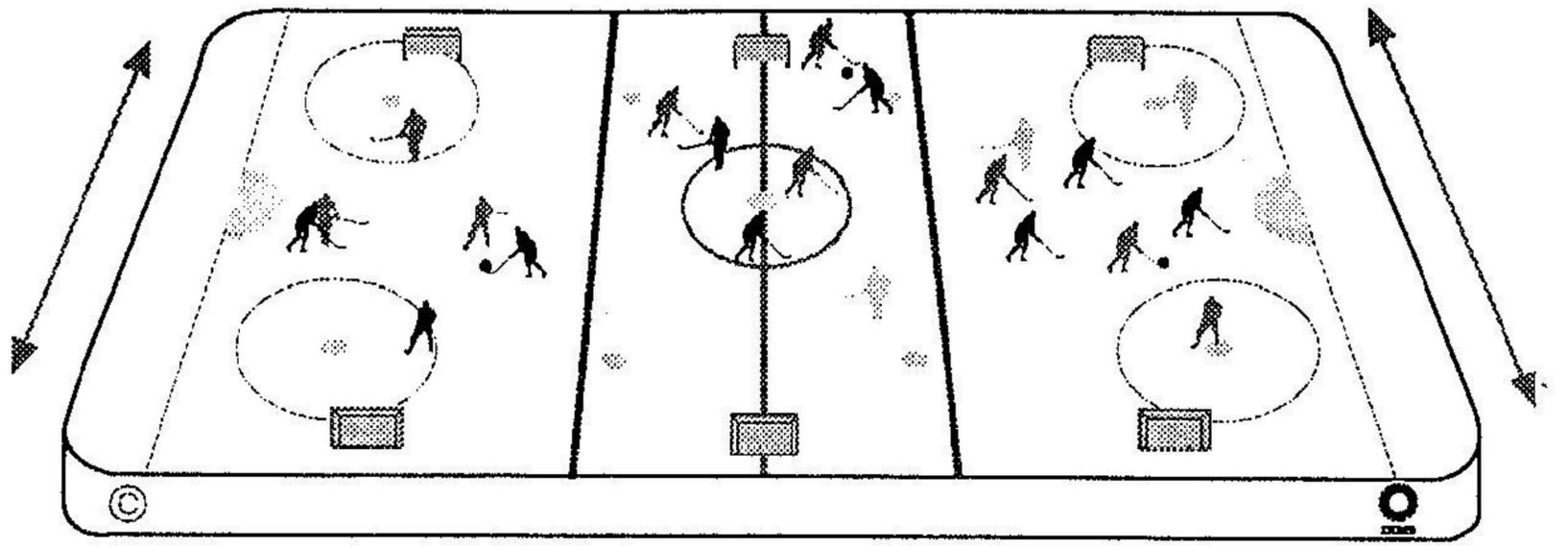
Card 48 LEARNING THE GAME

2. D, Role One: Puck Protection Skill

GAME HOLDING THE STICK WITH ONLY THE TOP HAND AND PROTECTING THE PUCK

The players are only allowed to hold the stick with one hand. This causes them to set up a wall to protect the puck with the body and skate to open ice away from pressure.

D-2011



Card 48b LEARNING THE GAME

2. D, Role One: Stick handling Skill

GAME WITH HANDS CLOSE TOGETHER NEAR THE TOP OF THE STICK

Play a half ice game of 1-1, the rule is the hands must be close together at the top of the stick. This enables the puck carrier to make big moves and to roll the wrists and manipulate the puck more easily.

D-2012

Card 49 LEARNING THE GAME

2. D, Role One,

FAST HANDS

Everyone skates with a puck in one zone and weaves through the players using fakes and quick hands. On the whistle the players go full speed for 5-7 seconds and then go slower on the next whistle. Move the puck as quickly as possible during the speed bursts.

D-2013

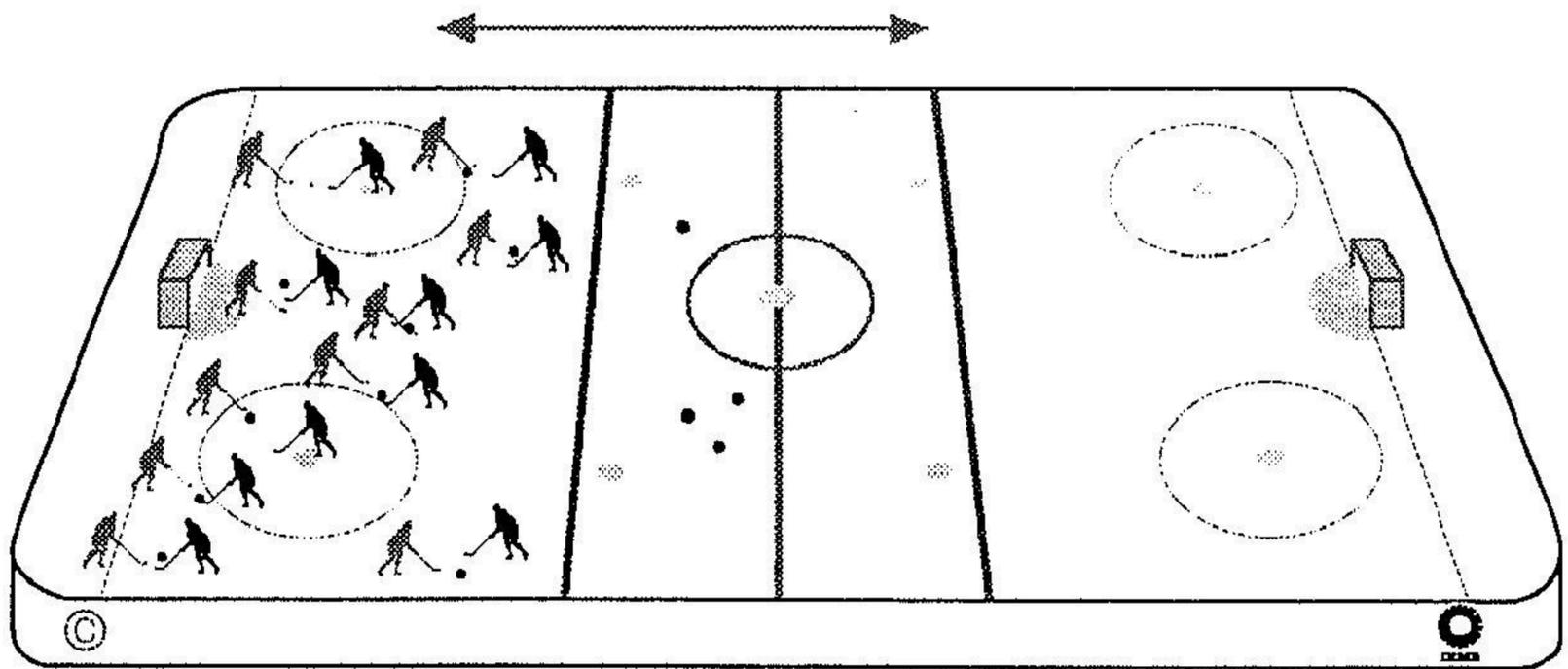
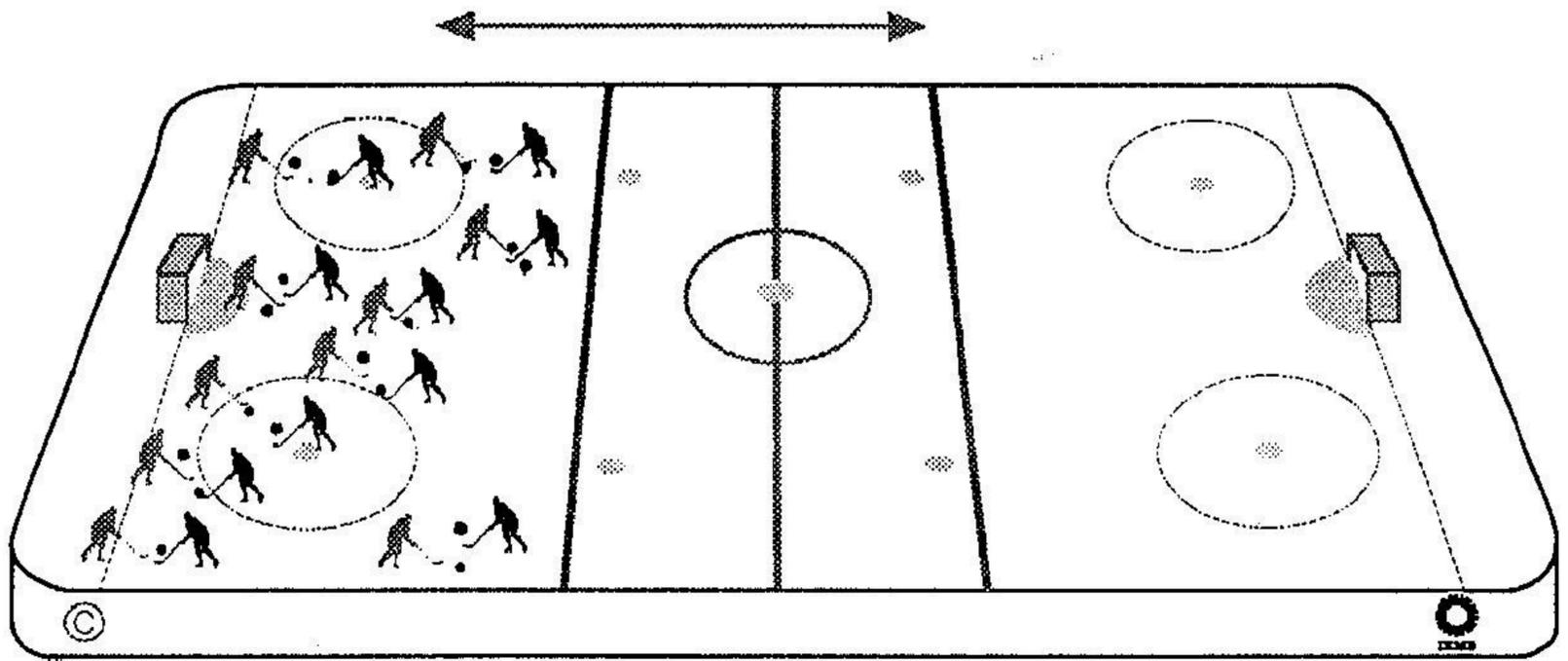
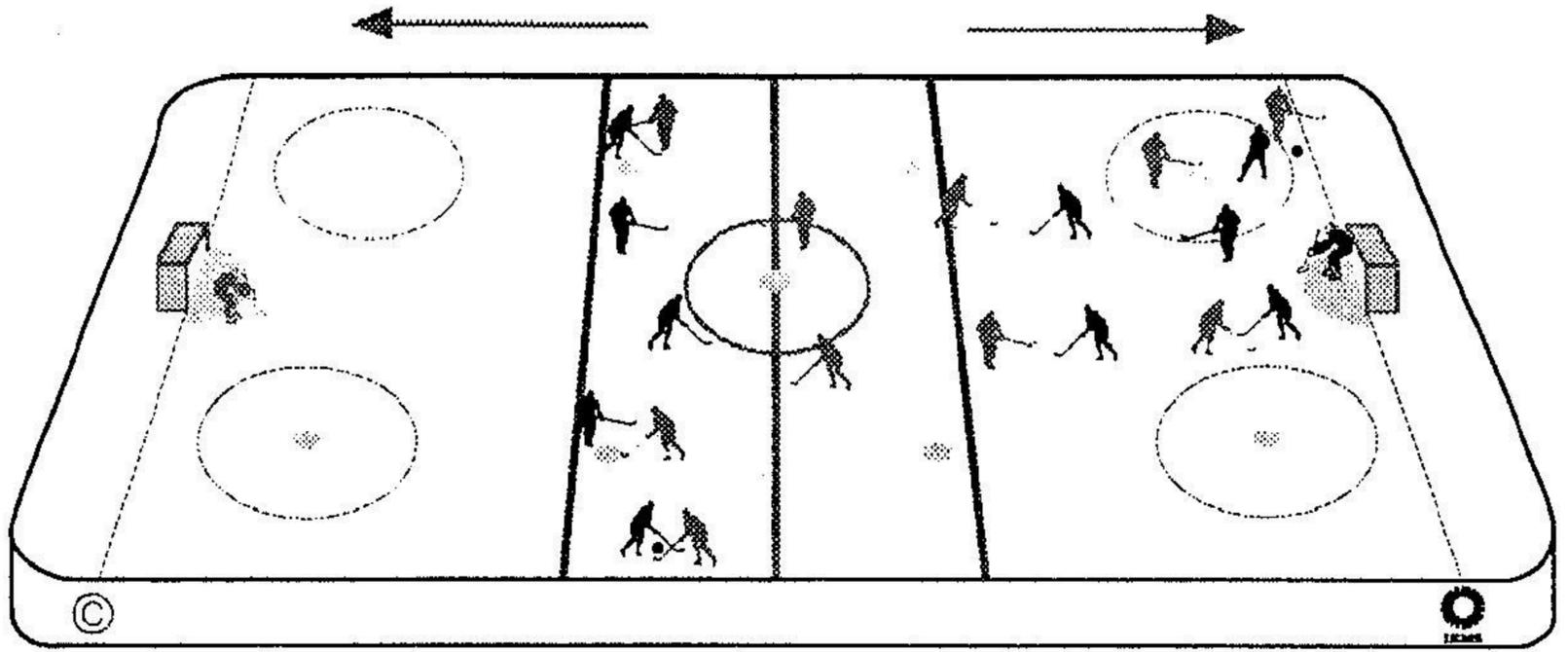
Card 49b LEARNING THE GAME

2. D, Roles One and Three,

KEEP AWAY

Play keep away in one zone. Shoot a few pucks out of the zone every 15 seconds until only one puck is left.

D-2014



Card 50 LEARNING THE GAME

2. D, Role One,

FLAT FOOTED SKATING

Play cross ice or half ice allowing only flat footed toe-out, toe-in skating, where the blades never leave the ice. This is a good strengthening exercise as well as good practice in toeing in and out as well as unlocking the hips while skating.

D-2015

Card 50b LEARNING THE GAME

2. D, Role One,

GAME WITH LEGS WIDE APART WHILE FAKING

The player tries to combine the lessons learned in the other games. When he approaches the opponent he should have hands close together, legs wide apart, use head and shoulder fakes and protect the puck with the body. Pressure on the inside edge of one skate enables the player to turn very quickly.

D-2016

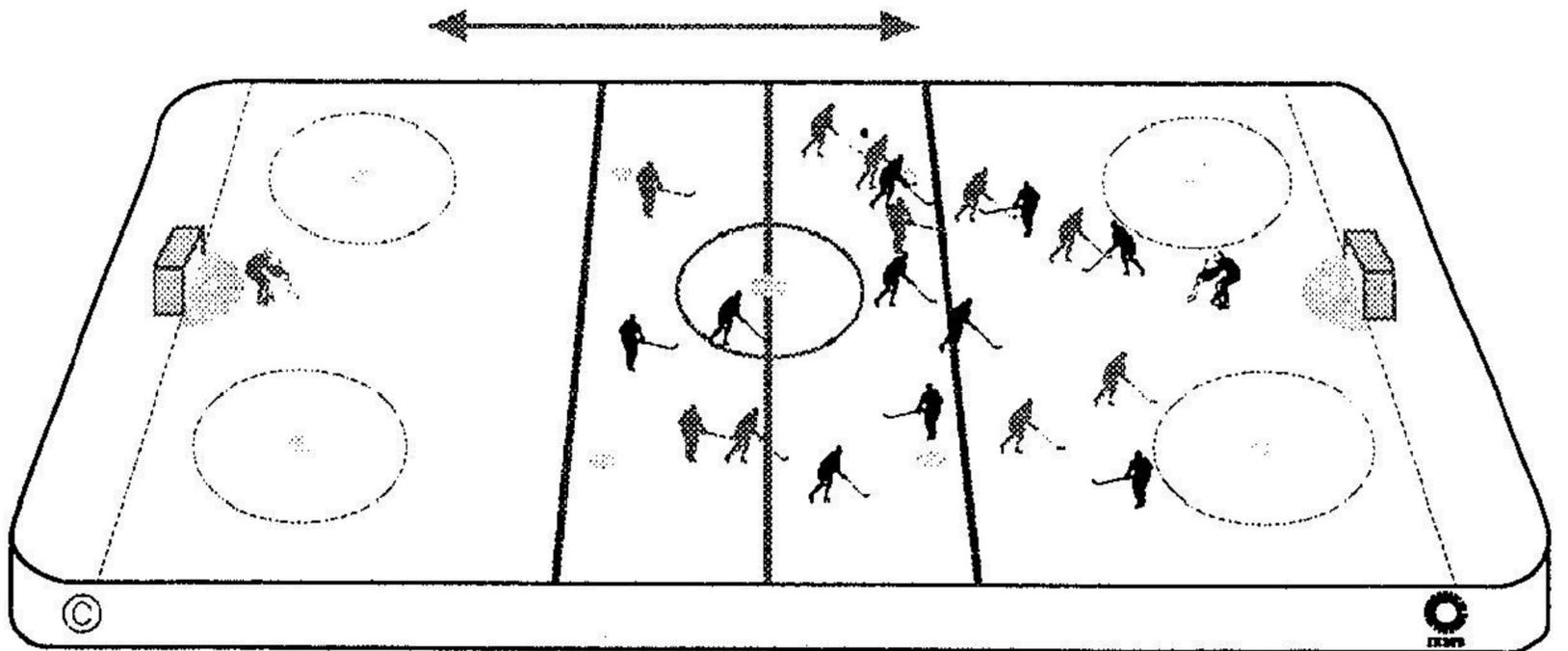
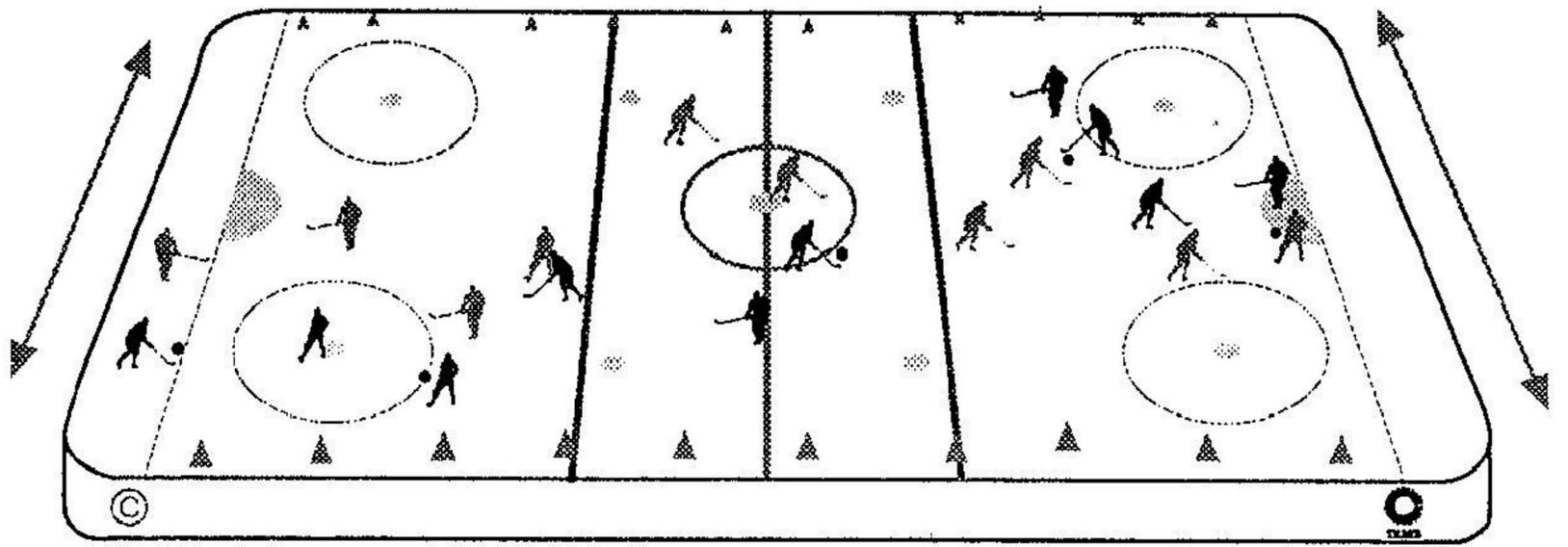
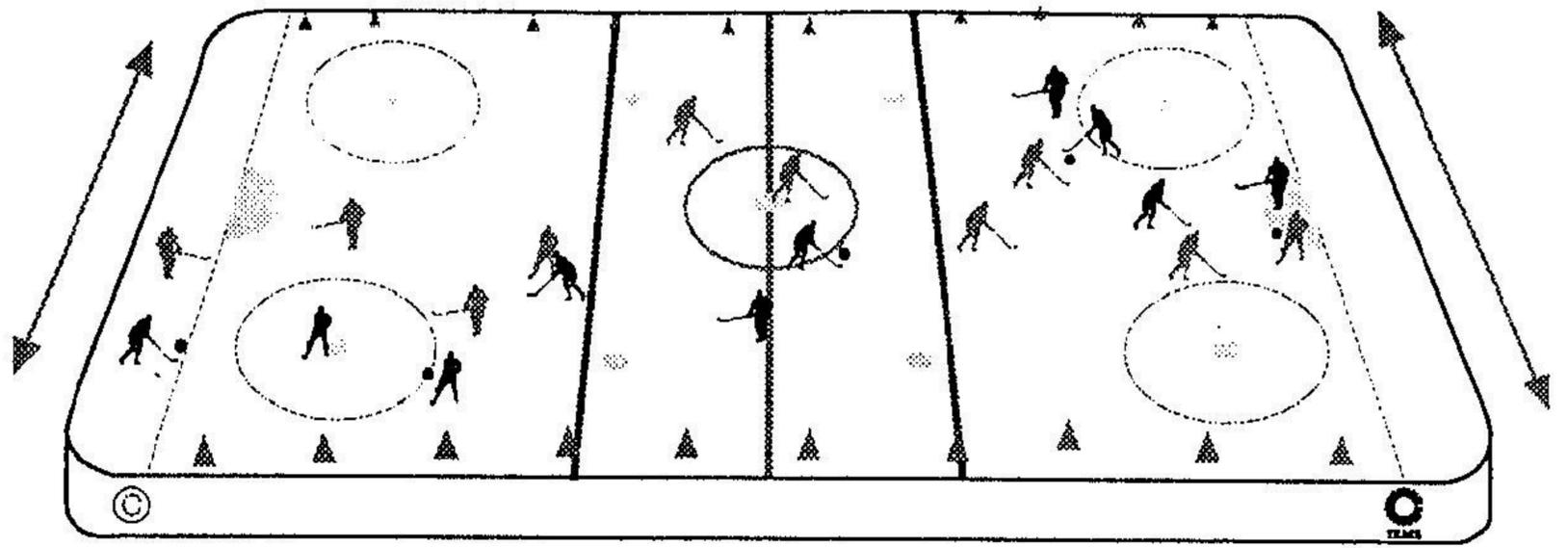
Card 51 LEARNING THE GAME

2. D, Role One,

"NO PASSING" GAME OF SHINNY WITH MANY PLAYERS

Play with large teams using "no passing" rule. The player with the puck must try to score by stick handling the puck through everyone. This game demands that the player practice the first playing role of the player with the puck and move her feet, pivot, fake, drive skate to open ice, etc..

D-2017



Card 51b LEARNING THE GAME

2. D, Four Playing Roles,

GAME STRESSING THE FOUR PLAYING ROLES

Play a game and remind the players that they always have something to do during a shift:

1. Player with puck.
2. Offensive player without puck.
3. Defender covering puck carrier.
4. Defensive player covering pass receiver.

When a "0" or loose puck situation occurs the player must realize whether they should think offence or defense first. Always protect against giving up odd man rushes and give the first player to the puck close support for passes and defensive help.

D-2018

Card 52 LEARNING THE GAME

2. D, Four Playing Roles,

2-2, 3-3, FULL ICE GAMES

The best way of learning the four playing roles is to play 2 on 2 and 3 on 3 games.

When playing these full ice games the normal rules, such as off sides, are enforced.

These games with two or three players on a side make it easy to isolate the individual or team play skills that the coach wants to work on. The small groups keep all of the players actively involved and the coach can easily point out the techniques or tactics that are being done properly as well as those that need to be worked on.

* Organize by having the players line up along the boards in the neutral zone or sit in the players box. The shifts should be 30-40 seconds:

Playing in small groups for 30 second shifts is a good way to practice support on offence and defense. Another option is to have the players change on their own when the puck is deep in the offensive zone.

D-2019

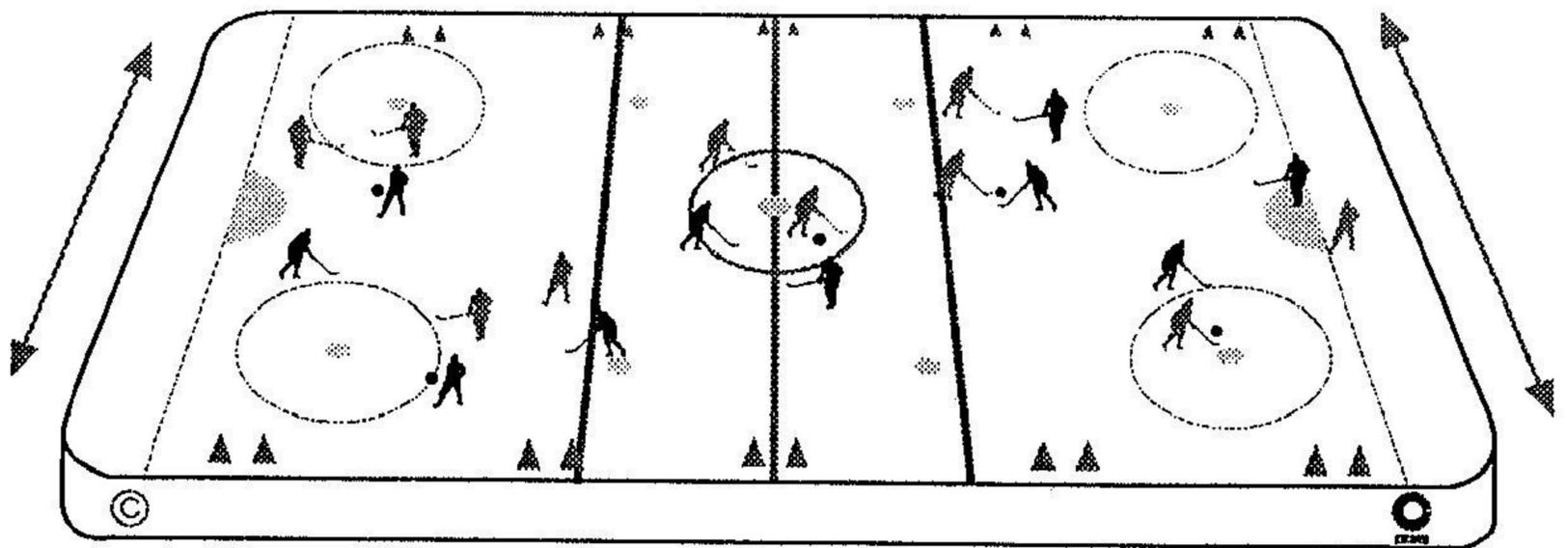
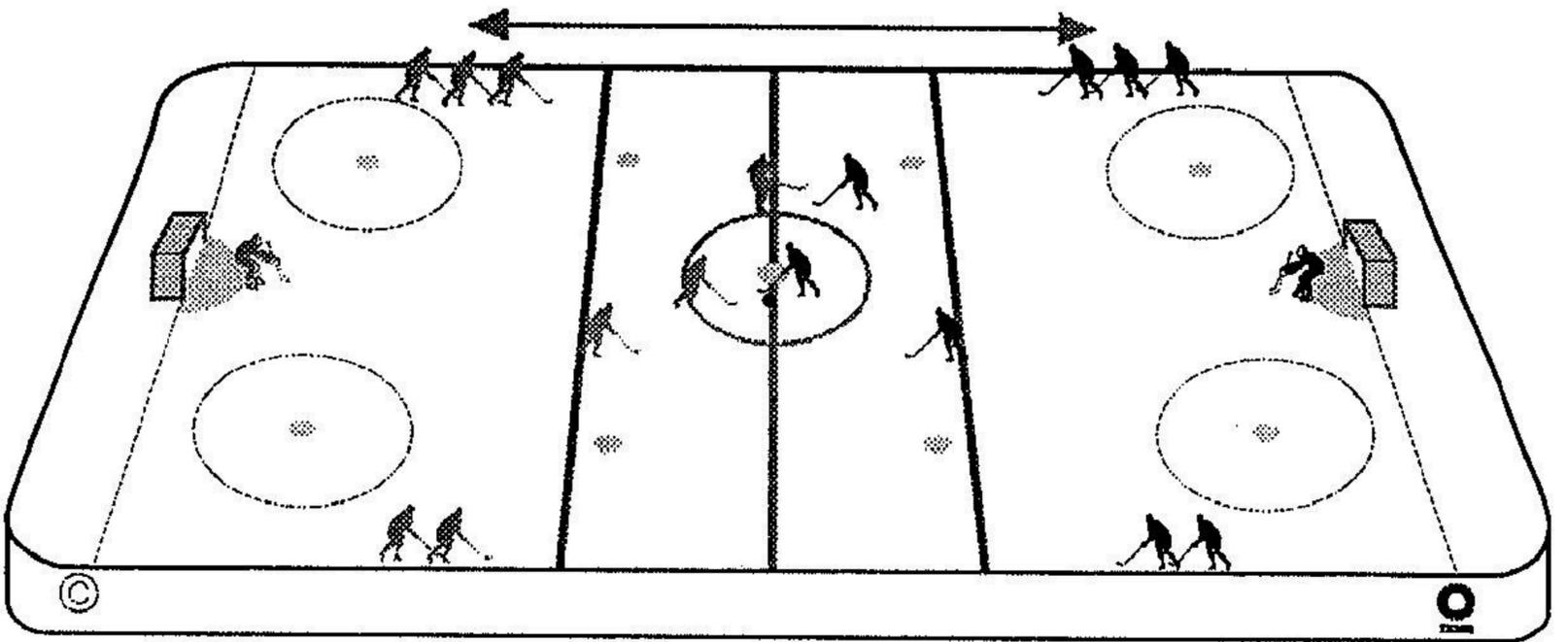
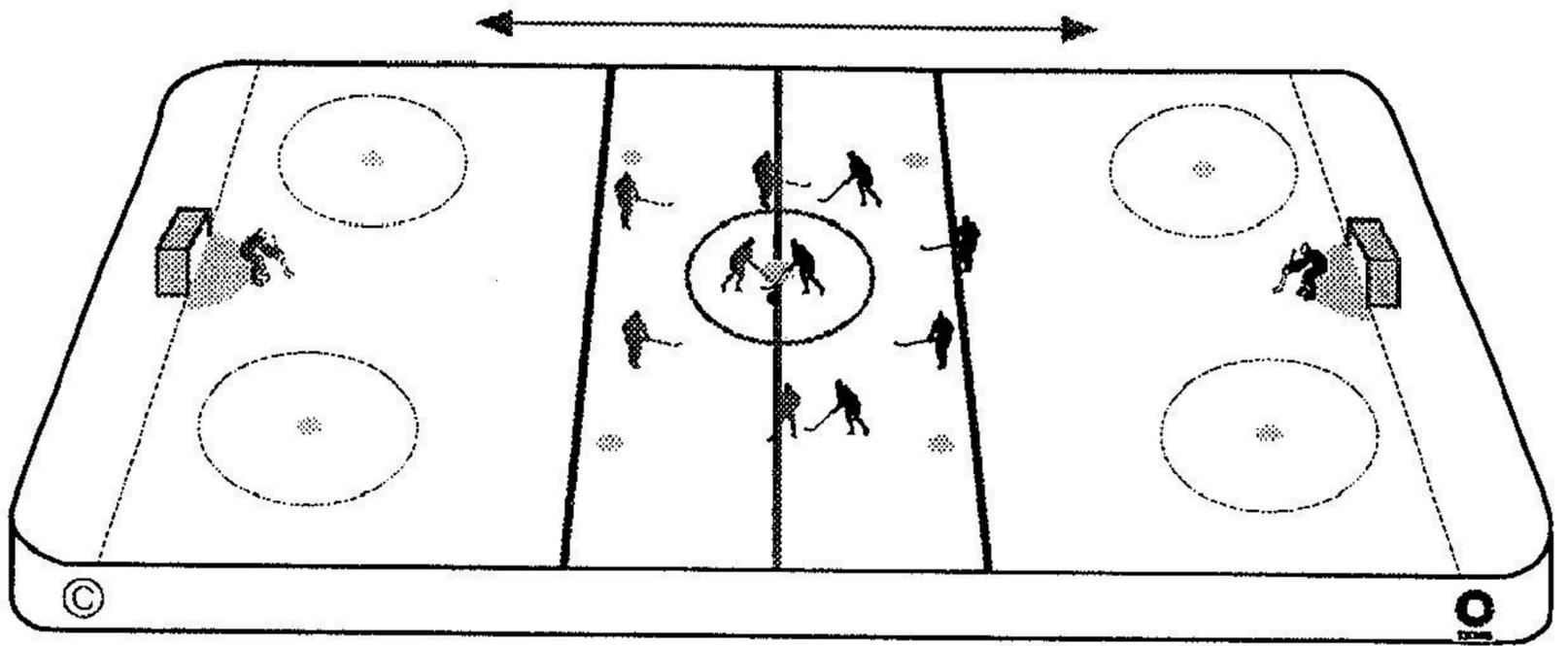
Card 52b LEARNING THE GAME

2. D, Roles One and Two,

GAME WHERE THERE MUST BE AT LEAST ONE PASS BEFORE A GOAL COUNTS

In order to practice roles one and two make the rule that there must be at least one pass before a goal counts. This rule encourages players to look for team mates and to get open for a pass.

D-2020



Card 53 LEARNING THE GAME

2. D, Roles One and Two,

GAME ALLOWING ONLY ONE PASS

By allowing only one pass the player must try to score by drive skating to the net and team mates must support by screening, picking and going to the net for rebounds.

D-2021

Card 53b LEARNING THE GAME

2. D, Role One,

MOVING WITH THE PUCK GAME

Play a game with the rule that the players cannot pass the puck until they have taken 4 or 5 quick strides to open ice. By drive skating with the puck the player learns to find open ice and creates space for herself and opens up new passing lanes. Drive skating with the puck is fundamental for successful individual and team play and is one of the most important good habits to teach players.

D-2022

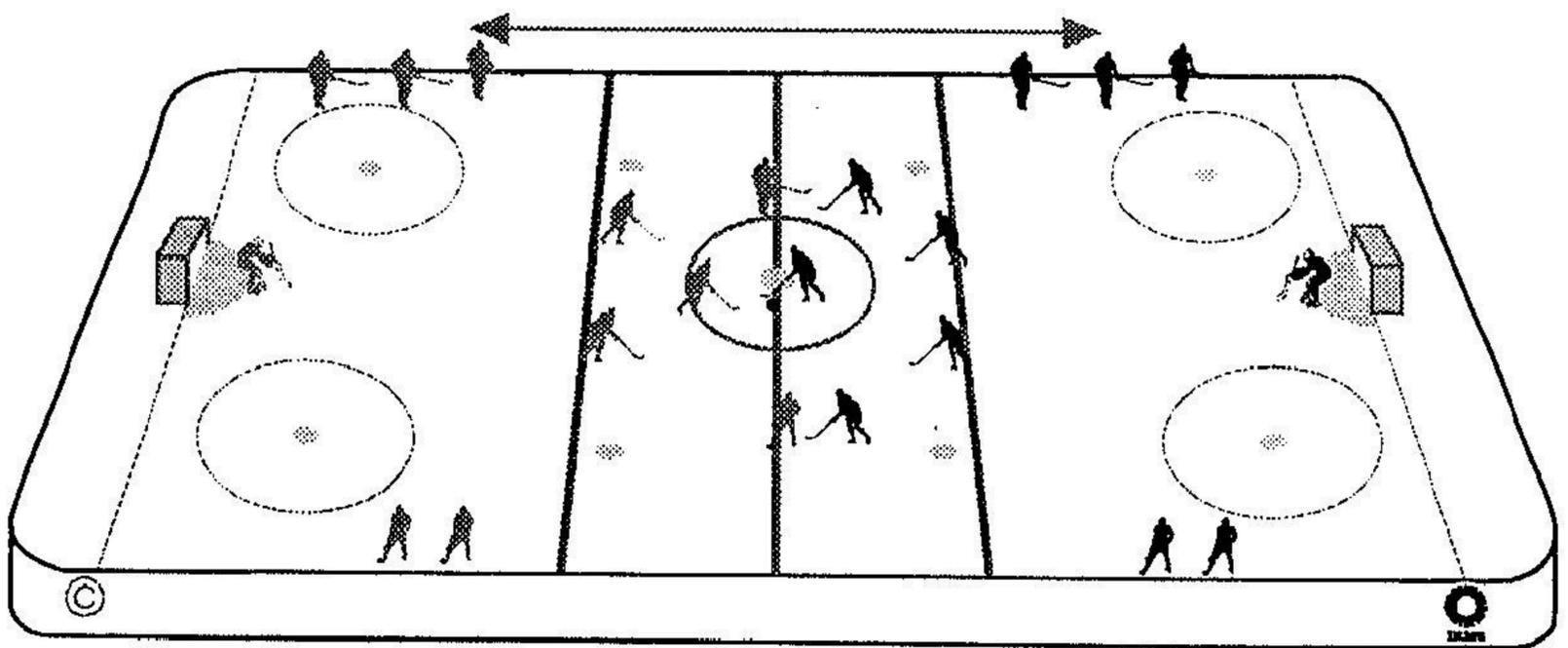
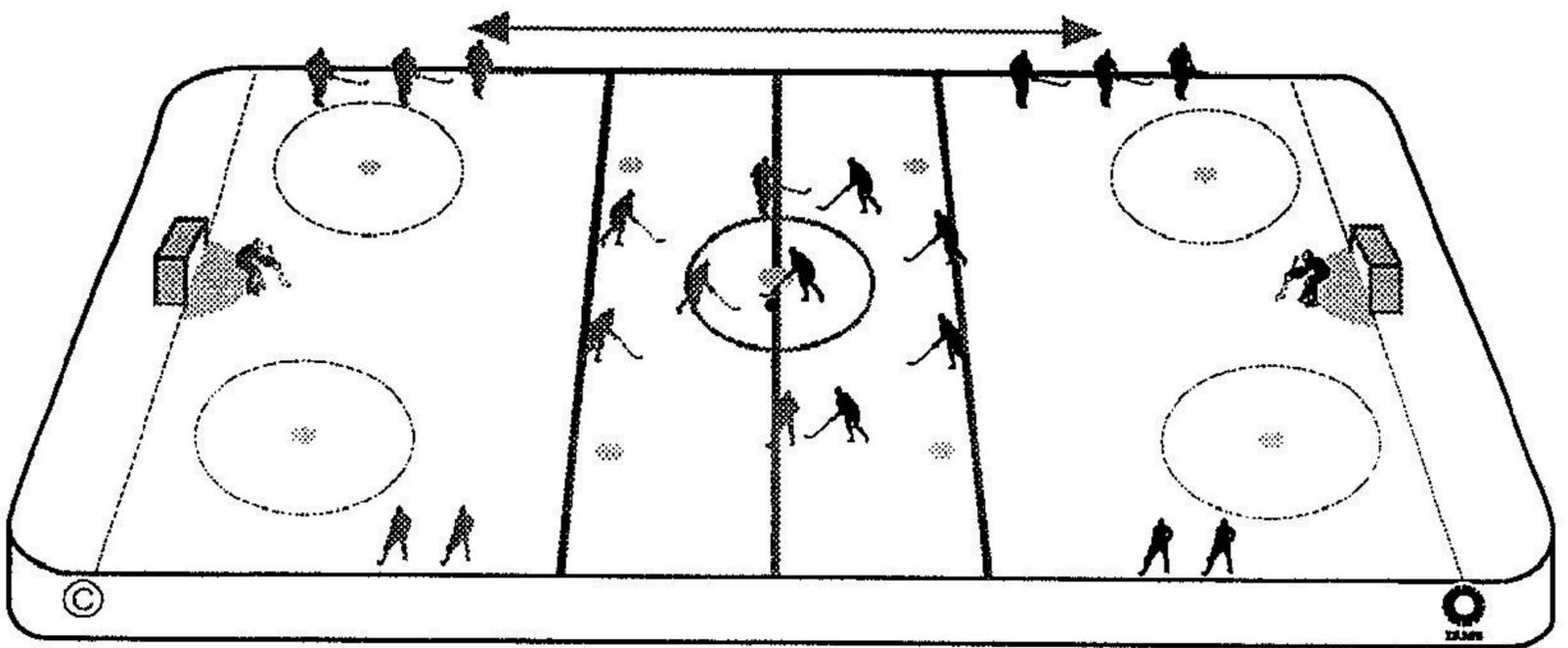
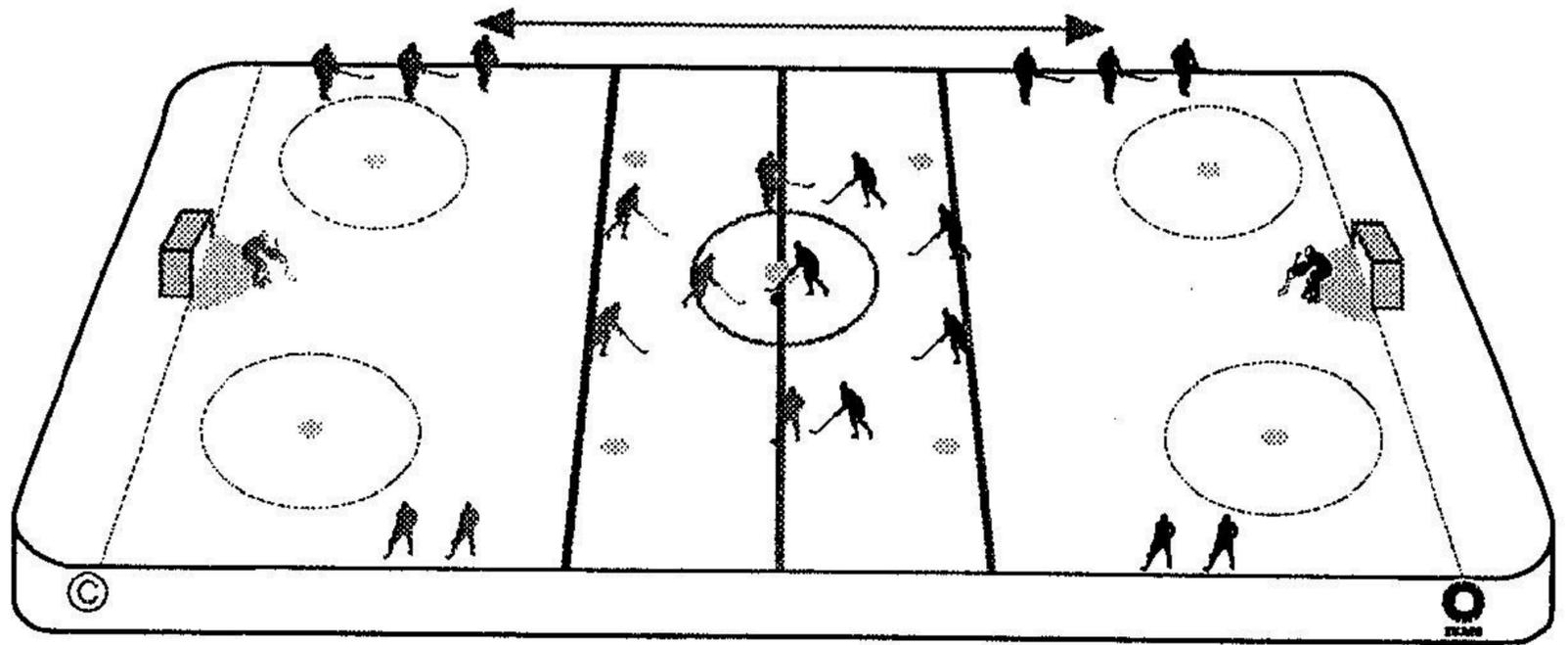
Card 54 LEARNING THE GAME

2. D, Role One,

QUICK HANDS AND FEET GAME

The development of the speed of the hands is often ignored when introducing hockey skills. When playing in tight, crowded areas, both quick hands and quick feet, moving at maximum speed are needed for the player to escape to open ice. When the hands and feet both move there is a separation of the upper and lower body motion and this makes the player difficult to defend.

D-2023



Card 55 COOL DOWN

2. E1, CONTEST

Three options for a shoot out using two teams versus goalies, goalie versus goalie, etc:

1. One team versus the other team.

Each player gets one shot on each goal. The total goals for team are counted.

2. Two teams versus goalies. All players shoot on each goal, saves vs. goals against are calculated.

3. Goalie versus goalie. The same as #2 only the goalies compare how many saves they each make.

E1-2001

55b COOL DOWN/ GOAL TENDING

2. Goaltending Technique

G1, 01 - Practice basic positioning; alignment, crease position, angles.

G1, 02 - Work on lateral movement, angle alignment, telescoping.

G-2001

