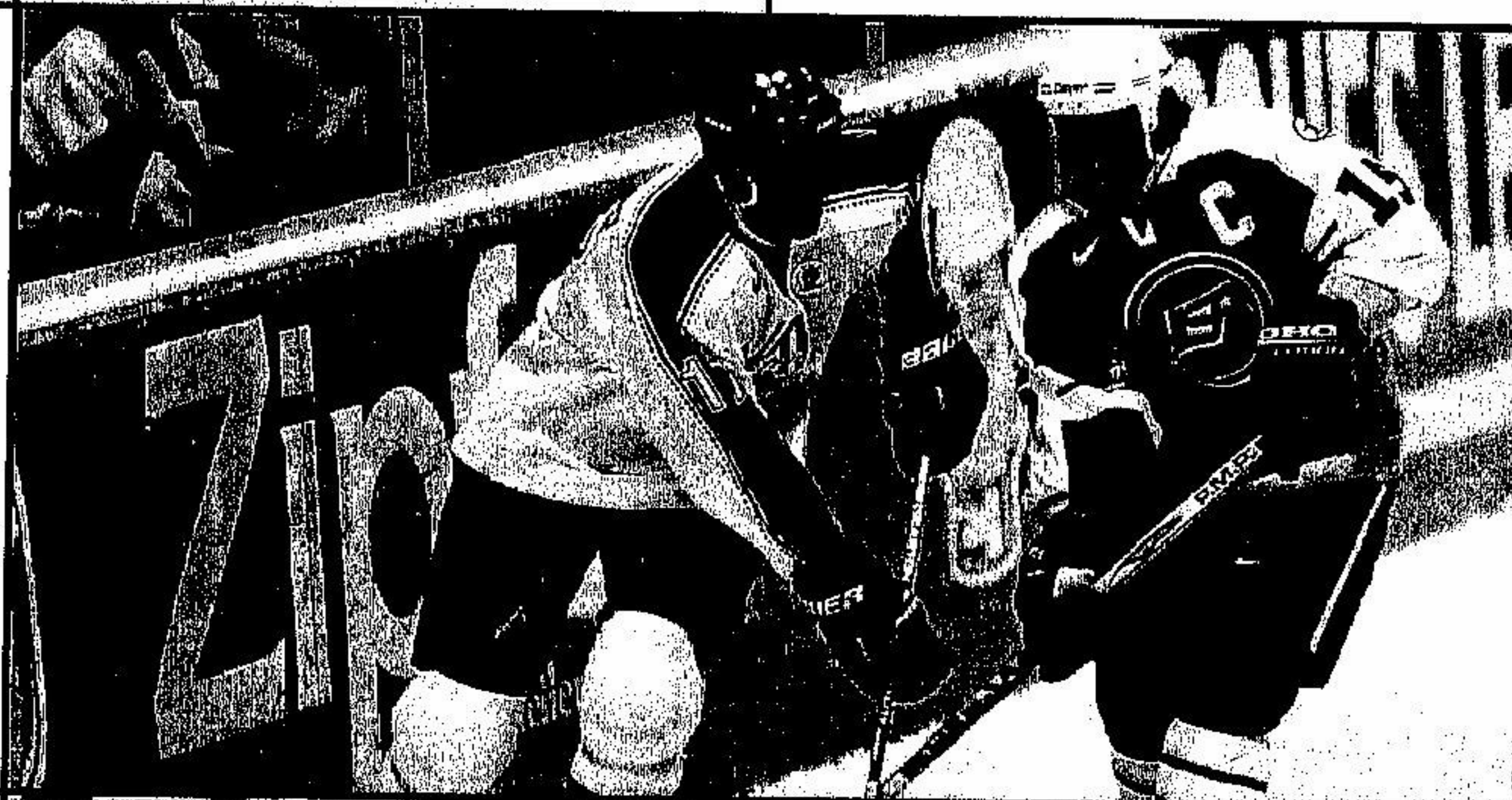


**Juhani  
Wahlsten**

**Tom  
Molloy**



# Das ABC des internationalen Eishockey





### **LEVEL 3**

The first and third playing roles are worked on at a more advanced level. Level three includes intermediate passing and receiving, shooting, angling and defensive side practice with drills, games and contests that isolate these skills in realistic situations. Puck handling with the head up, seeing the puck at all times, playing the man always while in one on one defensive situations are the basic individual skills needed before team play skills can be developed. The four playing roles up to the three on three situation are the focus of the team play teaching. D games stress the second role of supporting the puck carrier.

## LEVEL 3

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### CARD 56

#### Level 3 LEARNING THE GAME

##### 3. D, Orientation,

#### GAMES TO INTRODUCE THE CONCEPTS OF OFFENSIVE POSITIONAL PLAY

A good way to teach the importance of the positional game is to play a game with wingers staying on their side of the ice near the boards until they enter the offensive zone. The farthest they can ever go is to the middle of the ice in any zone. When they have learned to stay on their wing then let the wing and center switch positions. Make sure that the center takes the wings position on the boards. To make sure the defense joins the play goals are allowed only when the entire scoring team is over the blue line.

D-3001

### CARD 56b

#### Level 3 LEARNING THE GAME

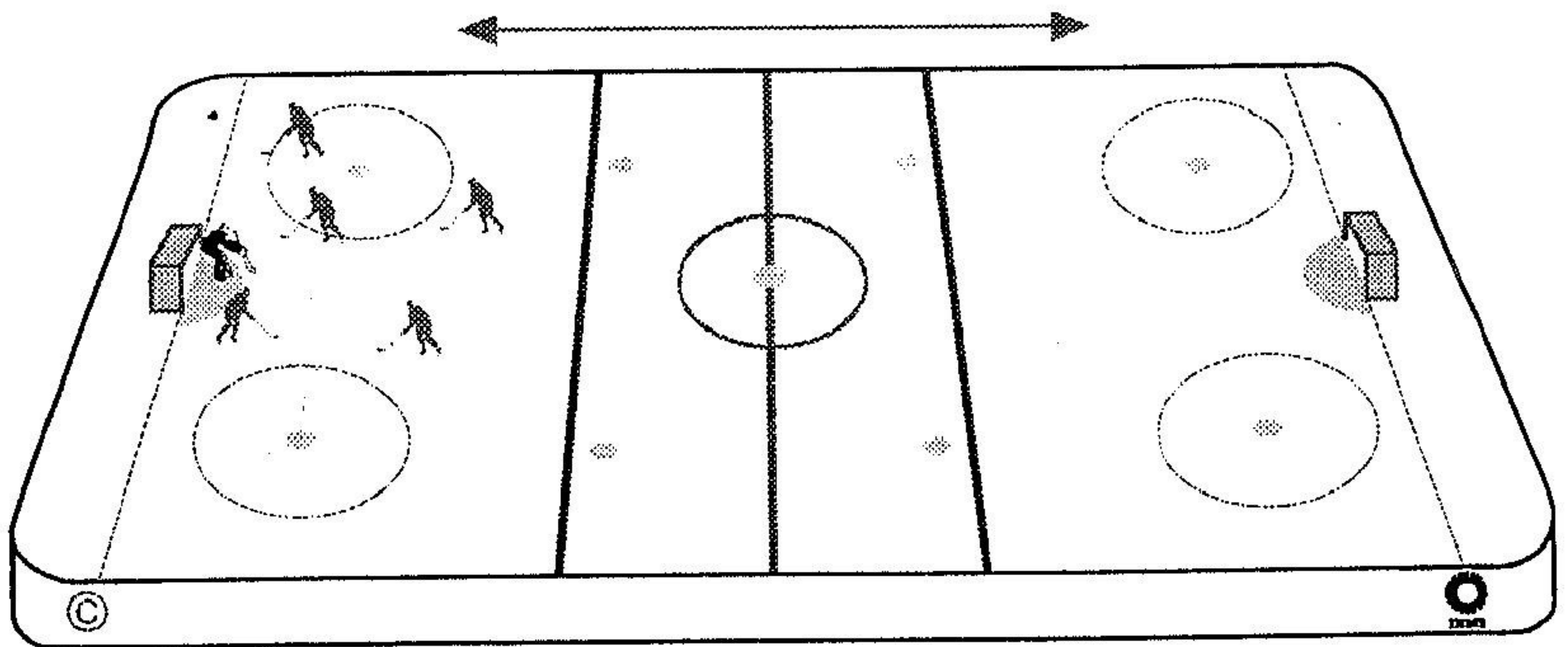
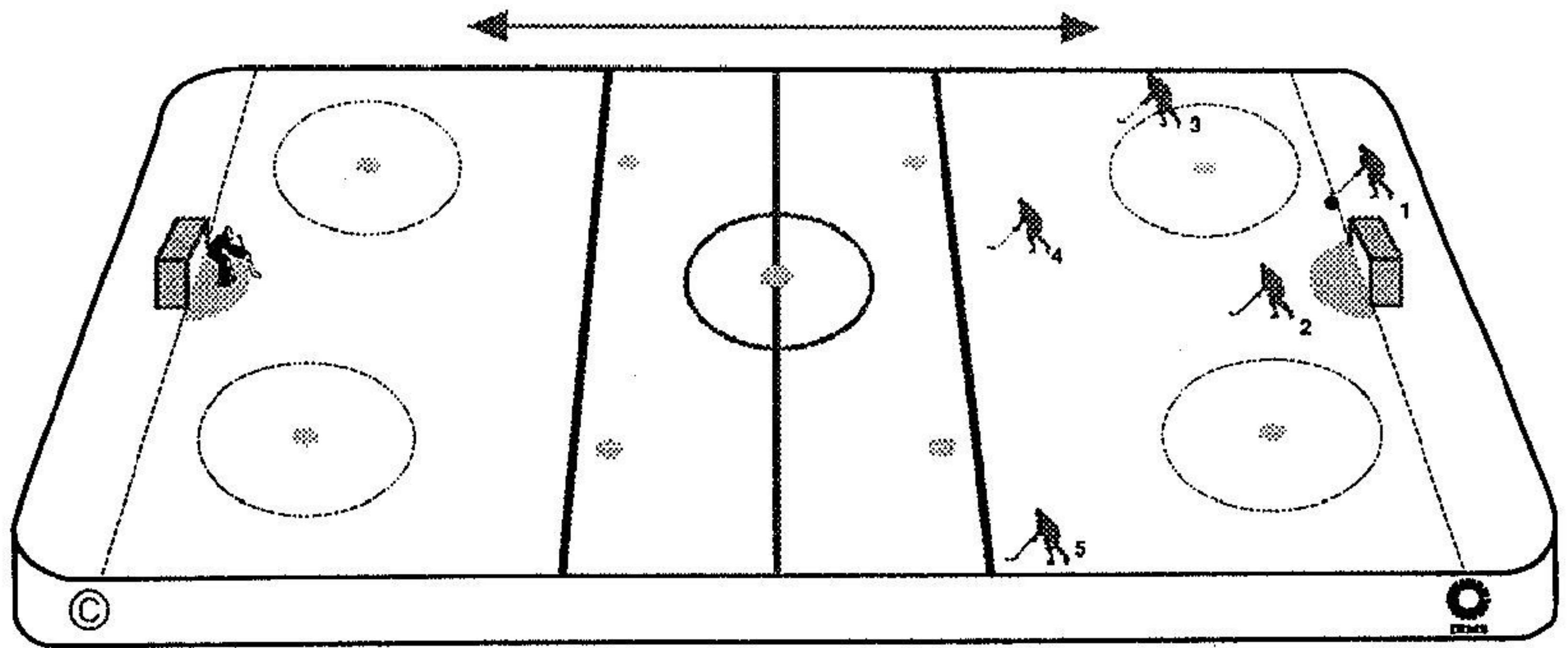
##### 3. D, Orientation,

#### GAMES TO INTRODUCE THE CONCEPTS OF DEFENSIVE POSITIONAL PLAY

The main idea of the defensive play is to maintain the defensive side between the attacker and the net and protect the middle lane. In defensive zone coverage make the player first funnel to the middle in front of the net and then find their own man. A good rule to teach defensive zone coverage is for the closest defender to go where the puck goes and the other players play a box formation.

D-3002







CARD 57

Level 3 BASIC SKILLS: SKATING

3. A2, SKATING ROUTINES

Do one length of the ice.

- \* Forward

- \* Backward

- \* Crossover forward

- \* Crossover backward

- \* Full pivots on the lines and "the walls"

- \* Do one figure eight in each half of the rink

- \* Do one backward figure eight in each half of the rink

- \* Skate forward for one figure eight, while always facing the far end.

A2-3001

CARD 57b

Level 3 BASIC SKILLS: PUCK HANDLING

3. A200, PUCK HANDLING ROUTINE:

Do one length of the ice, while carrying the puck:

- \* Forward

- \* Backward

- \* Crossover forward

- \* Crossover backward

- \* Full pivots on the lines and "the walls"

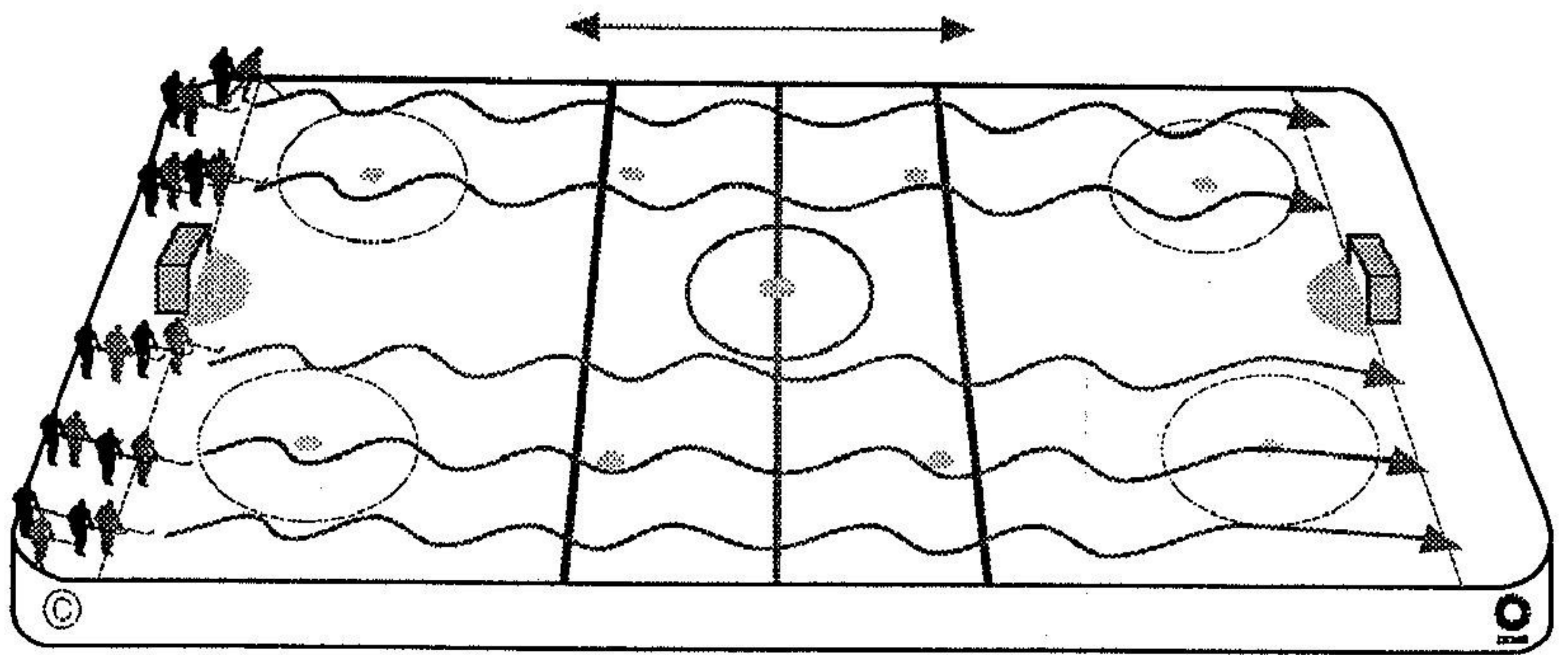
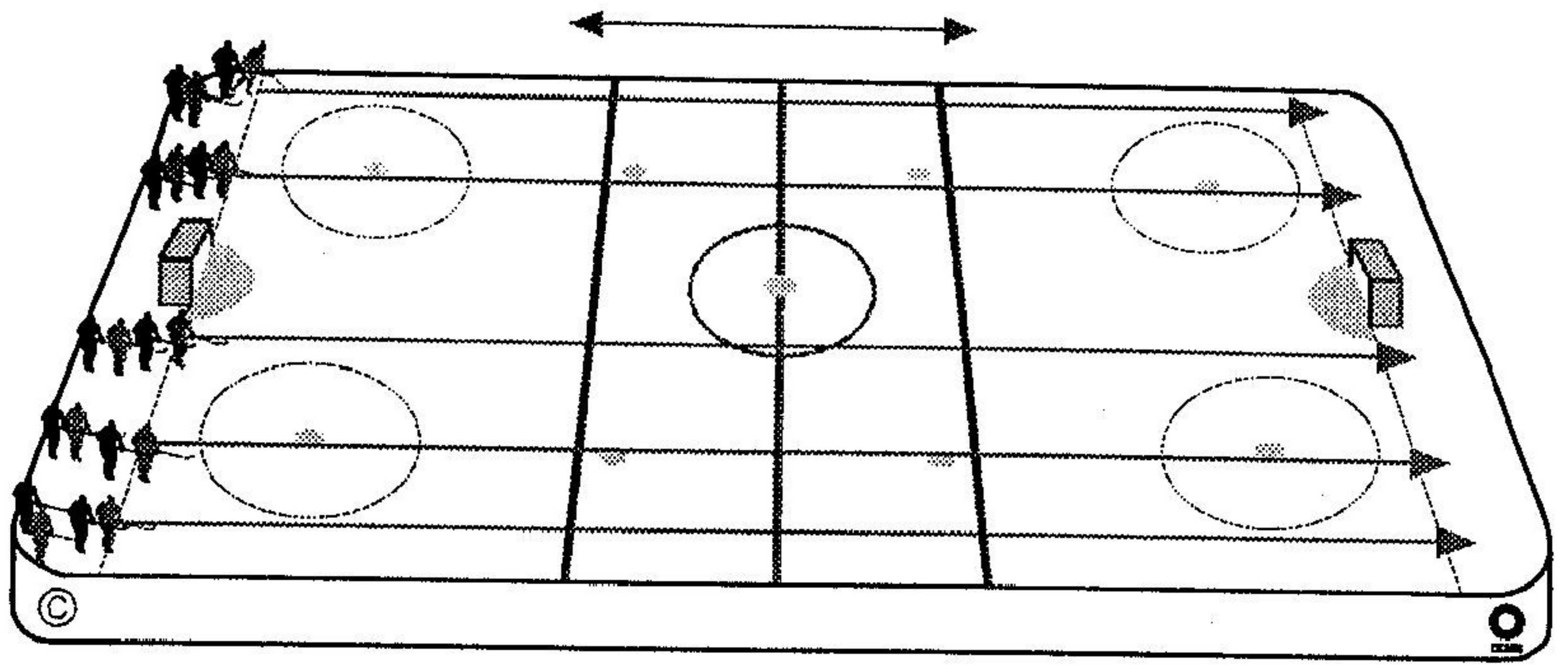
- \* Do one figure eight in each half of the rink

- \* Do one backward figure eight in each half of the rink

- \* Skate forward for one figure eight, while always facing the far end.

A200-3001







CARD 58

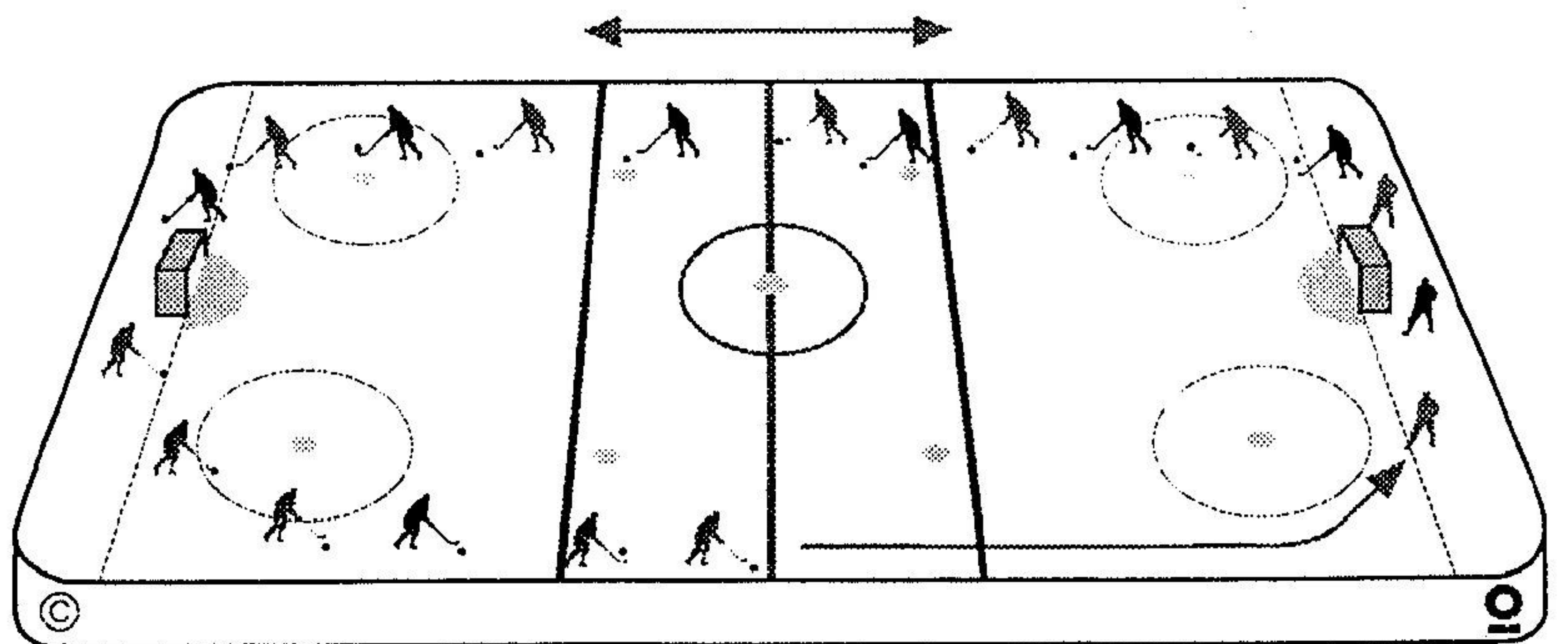
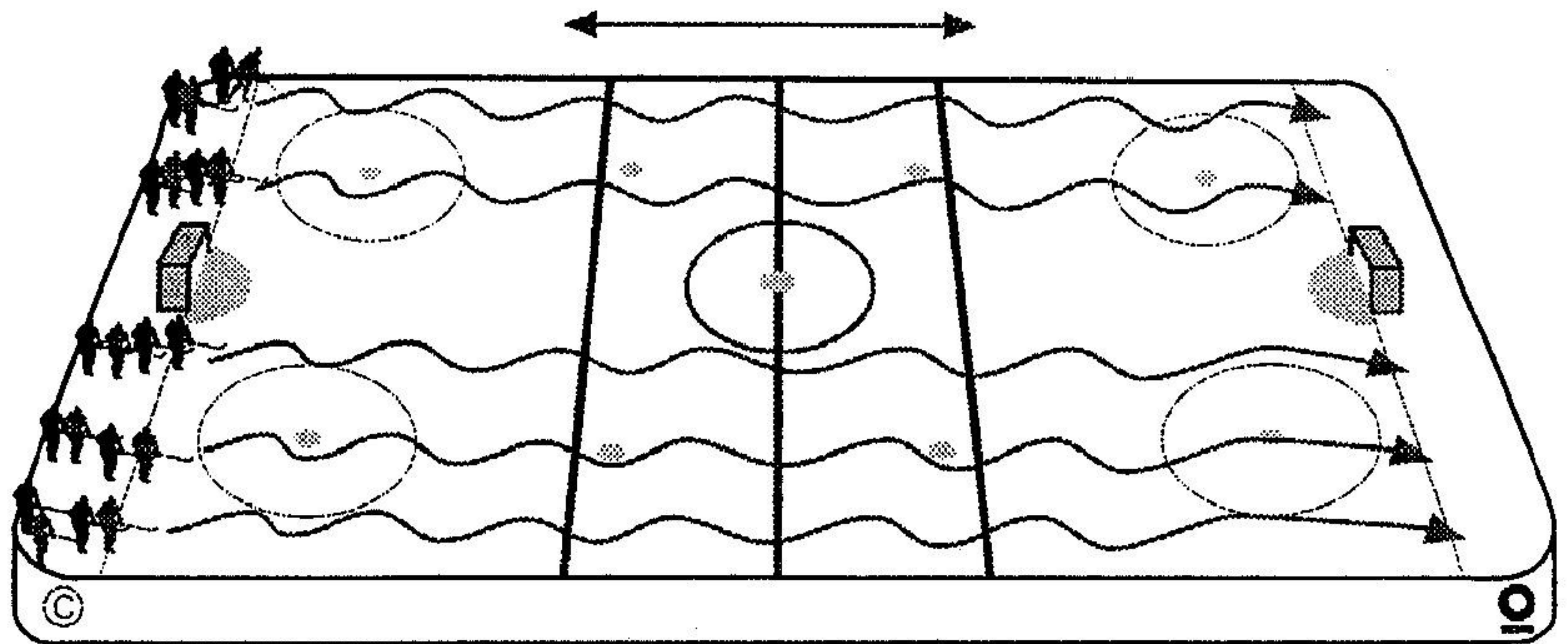
Level 3 BASIC SKILLS: Orientation to Puck Handling

3. A200, THE RUSSIAN PUCK HANDLING (Contributed by Vladimir Jursinov)

- \* The Russian Puck handling Warm-up: this can be done every time the player goes on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stick handling moves and to separate the upper and lower body.
- \* From the A2 formation the players skate down the ice in four groups, practice big moves with the puck.
- \* Reach forward while down on one knee, reach back as far as you can.
- \* Give the puck forward and take it back with the toe of the stick.
- \* Place hands close together and reach sideways each way as far as possible.
- \* Practice head fakes and shoulder drops and move the puck quickly to the other side of your body.
- \* Do high step overs, when you step with your right foot to the left, reach as far to the right with the puck as possible, then step with the left foot to the right and reach as far as possible with the puck to the left.
- \* Reach back as far as you can with the puck turning the upper body so you are looking behind you, as you skate in the opposite direction, now do the same the other way.
- \* Do 3 or 4 crossovers to the left and reach as far to the right with the puck as possible, then cross over to the right and reach as far as possible with the puck to the left. Reach back as far as you can with the puck turning the upper body so you are looking behind you, as you skate in the opposite direction.
- \* Single fake by practicing a small fake one way and quickly pull the puck across your body to the other side.
- \* Double fake by giving a small fake one way and quickly pull the puck across your body to the other side and immediately bring it back.
- \* Put the puck behind you and pass it up into your skates from one side then the other.
- \* Have the puck in front of you and pass it back to your skates and up to your stick and then off the outside of each skate and to your stick.
- \* Reach back on the forehand and then quickly pull the puck across your body.
- \* Skate backwards with the puck after pivoting to the right and do the same after pivoting left.
- \* Slide sideways pushing about 4 or 5 times with the inside skate and gliding on the outside skate. Fake passes and shots while skating like this.
- \* Pivot a complete circle to the left and then to the right.

A200-3002







CARD 59

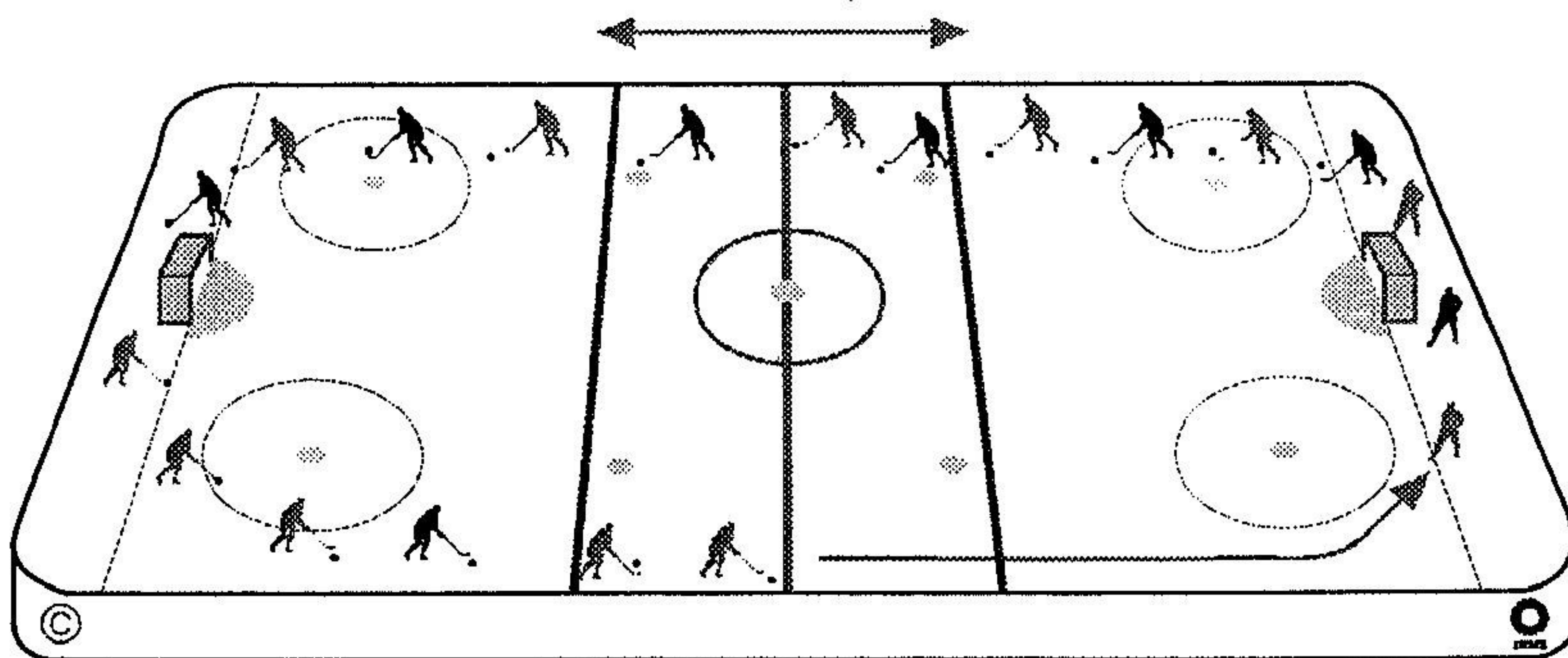
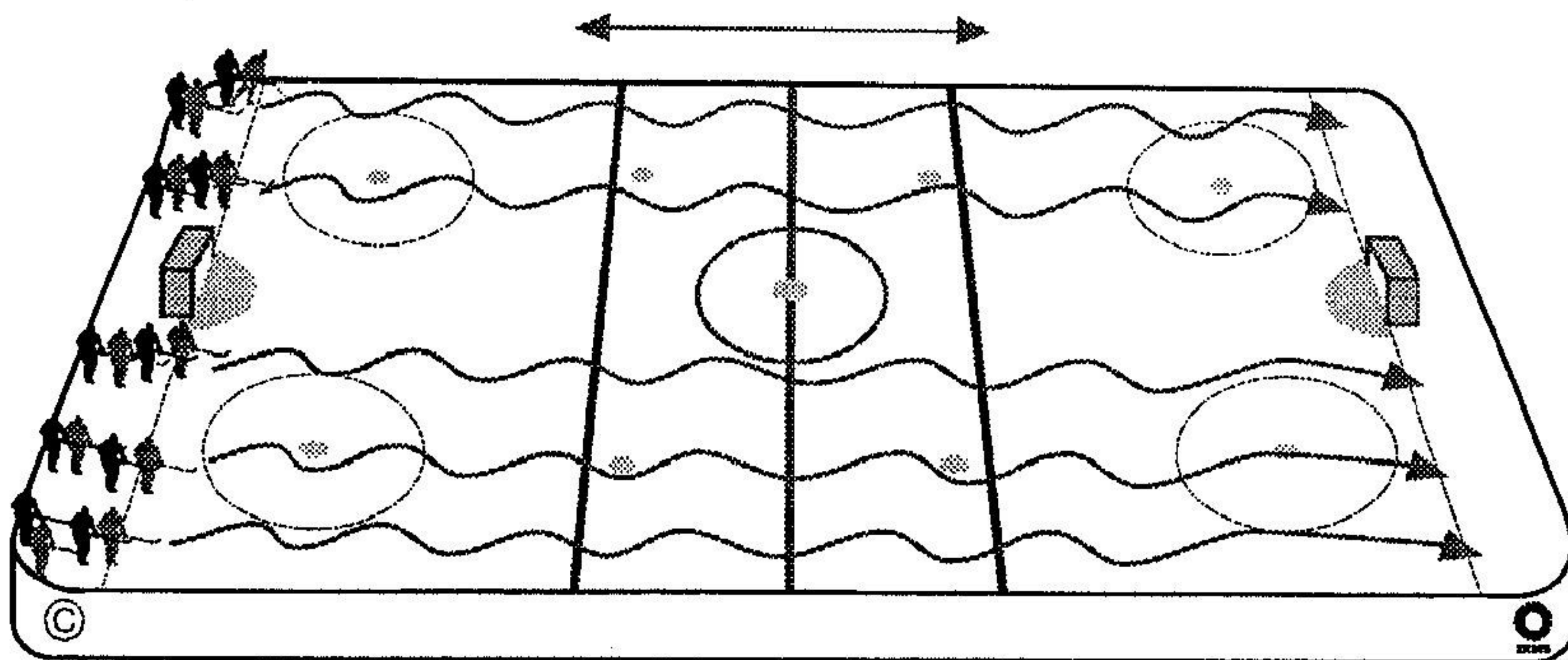
Level 3 BASIC SKILLS: PUCK HANDLING

3. A300, The Russian Puck Handling Warm-up done while skating around the ice.

- \* The Russian Puck handling Warm-up: this can be done every time the player goes on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stick handling moves and to separate the upper and lower body.
- \* From the A2 formation the players skate down the ice in four groups, practice big moves with the puck.
- \* Reach forward while down on one knee, reach back as far as you can.
- \* Give the puck forward and take it back with the toe of the stick.
- \* Place hands close together and reach sideways each way as far as possible.
- \* Practice head fakes and shoulder drops and move the puck quickly to the other side of your body.
- \* Do high step overs, when you step with your right foot to the left, reach as far to the right with the puck as possible, then step with the left foot to the right and reach as far as possible with the puck to the left.
- \* Reach back as far as you can with the puck turning the upper body so you are looking behind you, as you skate in the opposite direction, now do the same the other way.
- \* Do 3 or 4 crossovers to the left and reach as far to the right with the puck as possible, then cross over to the right and reach as far as possible with the puck to the left. Reach back as far as you can with the puck turning the upper body so you are looking behind you, as you skate in the opposite direction.
- \* Single fake by practicing a small fake one way and quickly pull the puck across your body to the other side.
- \* Double fake by giving a small fake one way and quickly pull the puck across your body to the other side and immediately bring it back.
- \* Put the puck behind you and pass it up into your skates from one side then the other.
- \* Have the puck in front of you and pass it back to your skates and up to your stick and then off the outside of each skate and to your stick.
- \* Reach back on the forehand and then quickly pull the puck across your body.
- \* Skate backwards with the puck after pivoting to the right and do the same after pivoting left.
- \* Slide sideways pushing about 4 or 5 times with the inside skate and gliding on the outside skate. Fake passes and shots while skating like this.
- \* Pivot a complete circle to the left and then to the right.

A300-3002 By Vladimir Jursinov







CARD 59b

Level 3 BASIC SKILLS: PUCK HANDLING

3. D, Role One,

RINGUETTE WITH STICKS TURNED UPSIDE DOWN

The players turn their sticks upside down and play ringuette using one ring in a full ice game. Shifts of five players are used. Goals are scored by shooting the ring into the net. Make the rule that all players must handle the ring before a goal counts. The ring is easier to carry than a puck, so the players use the edges more when skating and have more time to find an open teammate. This is also a great game to teach angling, defensive side and checking because the ring is impossible to get if you simply stick check.

D-3003

CARD 60

Level 3 BASIC SKILLS: SHOOTING

3. B1, SWEEPSHOT, WRIST SHOT AND SLAP SHOT ON THE MOVE

\* Alternate A1 skating across the ice and shooting using a sweep shot at the boards on one side of the rink and then skate across and shoot at the other side boards.

\* Alternate A1 cross ice skating and shooting using a wrist shot at the boards on one side of the rink and then skate across and shoot at the other side boards.

\* Alternate A1 cross ice skating and shooting using a slap shot at the boards on one side of the rink and then skate across and shoot at the other side boards.

B1-3001

CARD 60b

Level 3 BASIC SKILLS: SHOOTING

3. B1, SHOOTING ROUTINE

\* Skate and shoot at a target using the sweep shot.

\* Skate and shoot at a target using the backhand shot

\* Skate and shoot at a target using the wrist shot.

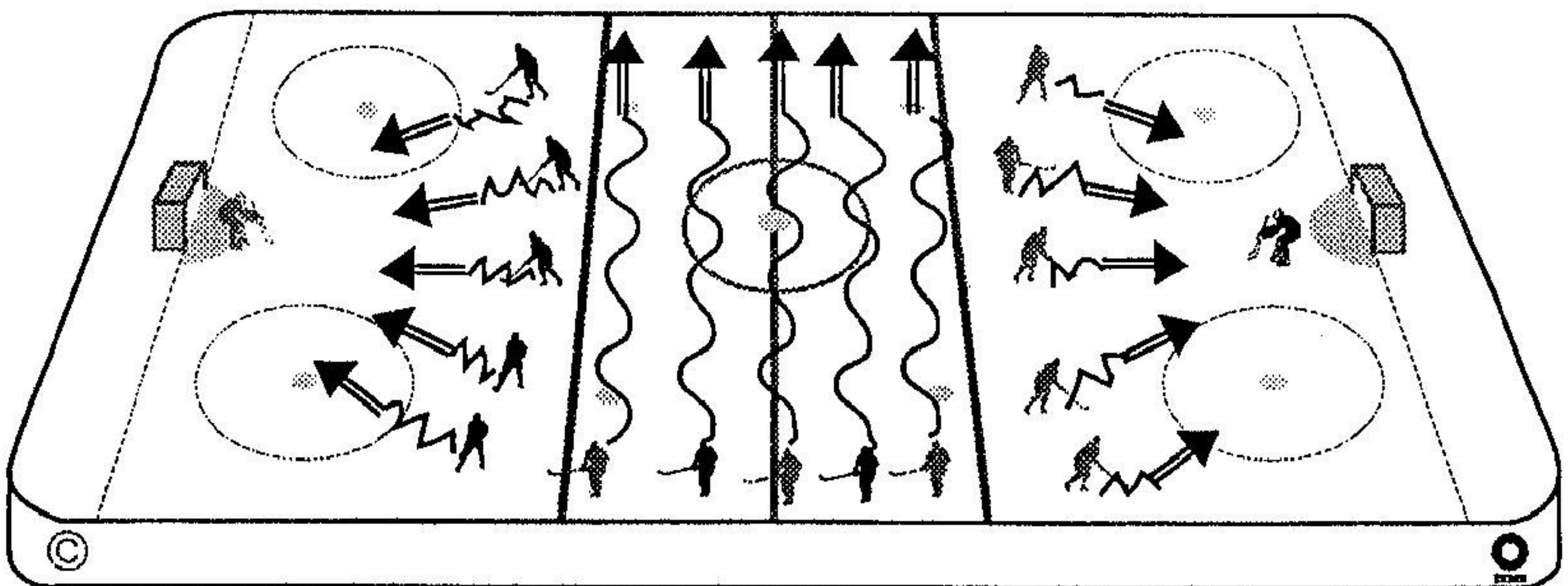
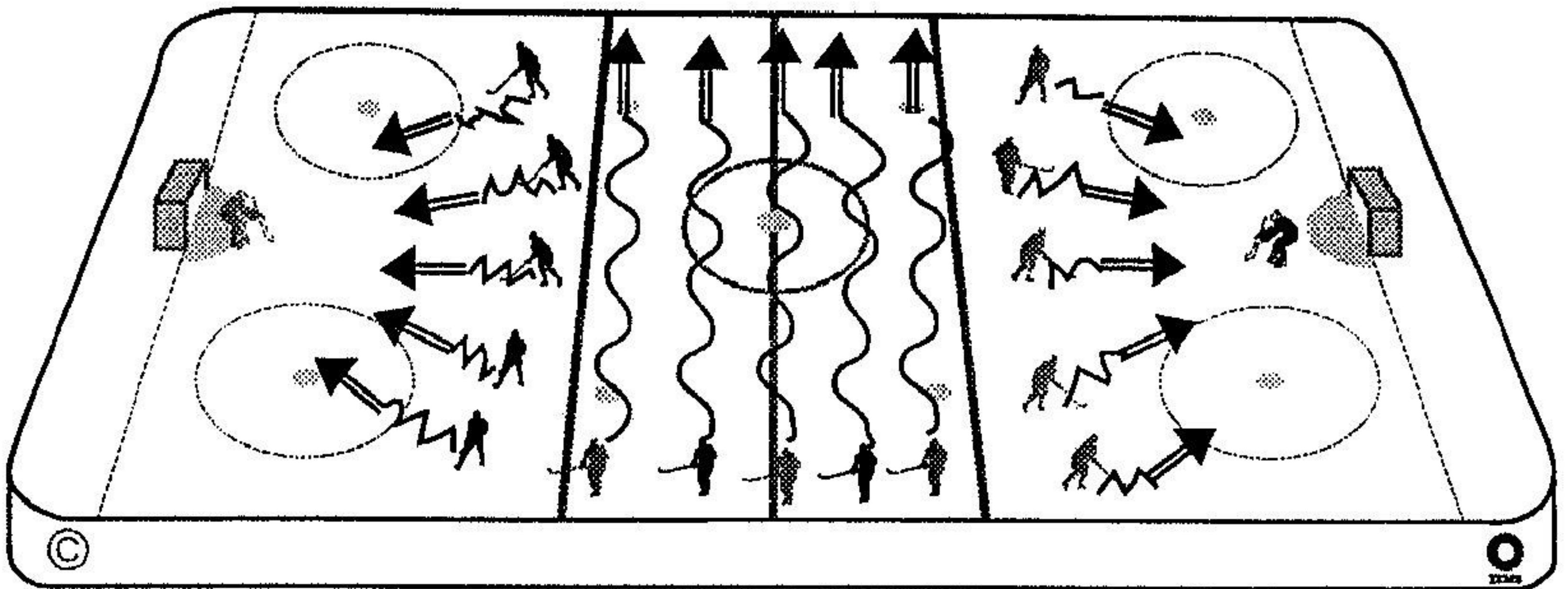
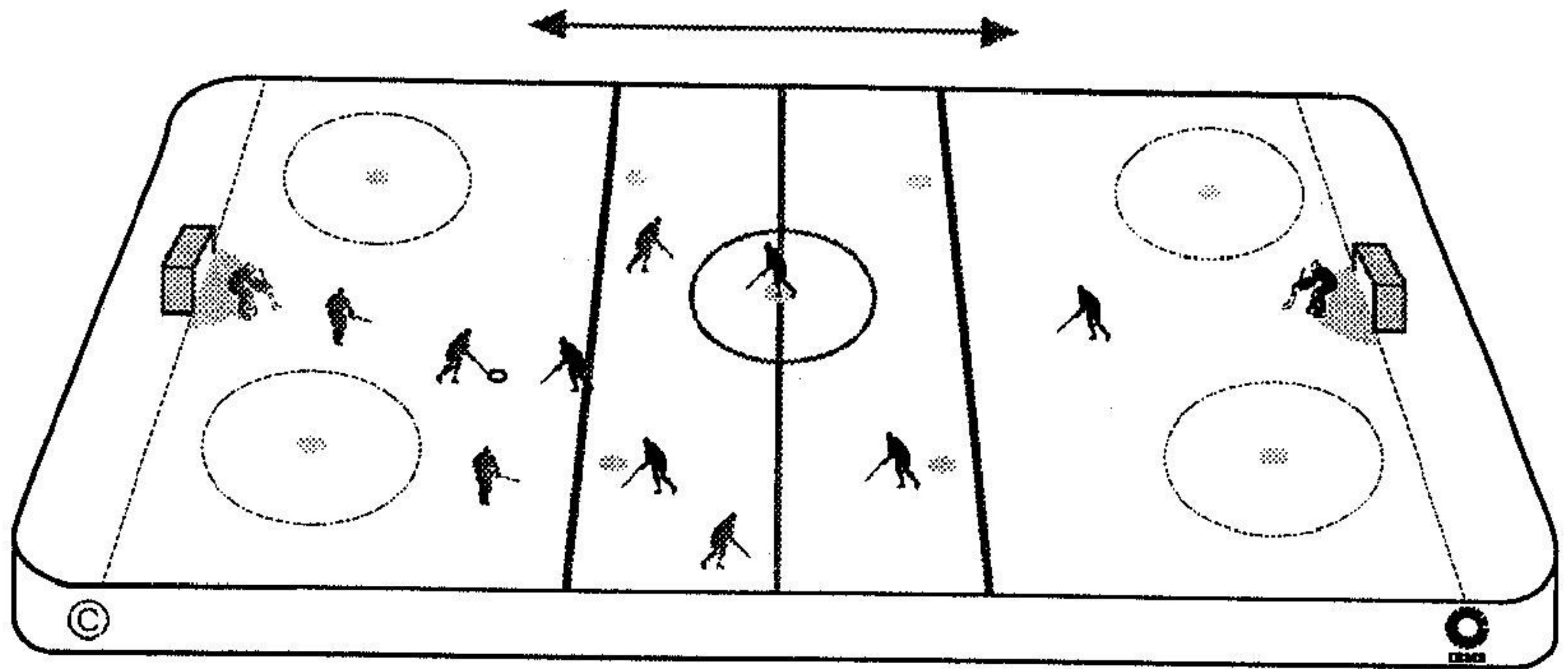
\* Stationary shooting at target on boards using a snap shot

\* Stationary shooting at target on boards using a slap shot.

\* Skating while shooting at a target using a backhand.

B1-3002







CARD 61

Level 3 BASIC SKILLS: SHOOTING

3. B2, FAKE SHOTS

- \* Fake a slap shot then take a slap shot slap shots while stationary.
- \* Fake a wrist shot then take a wrist shot while stationary.
- \* Fake a snap shot then take a snap shot while stationary.
- \* Fake a slap shot then take a slap shot slap shots while skating.
- \* Fake a wrist shot then take a wrist shot while skating.
- \* Fake a snap shot then take a snap shot while skating.

B2-3001

CARD 61b

Level 3 BASIC SKILLS: SHOOTING

3. B200 SHOOTING ROUTINE

- \* Keep the feet moving and follow the shot for a rebound.
- \* Cut in and shoot using a sweep shot
- \* Cut in and shoot using a wrist shot.
- \* Cut in and fake a sweep shot and then take a sweep shot
- \* Cut in by scootering and protecting the puck with the outside leg.
- \* Cut in and shoot using a backhand shot
- \* Cut in and shoot using a snap shot.
- \* Cut in and shoot using a slap shot.

B200-3001

CARD 62

Level 3 BASIC SKILLS: PASSING

3. B3, PASSING-RECEIVING WHILE STATIONARY

- \* Forehand pass with a partner.
- \* Backhand pass with a partner.
- \* Receive a pass on the forehand with relaxed hands and keep the stick blade square to the puck.
- \* Receive a pass on the backhand and keep the stick blade square to the puck.
- \* In a group of four to six players pass 3-4 pucks to different players in the opposite line, making sure there is eye contact before passing

B3-3001







CARD 62b

Level 3 BASIC SKILLS: PASSING

3. B3, PASSING-RECEIVING WHILE BOTH PLAYERS ARE SKATING

The players are organized into two parallel lines about 10 meters apart. They skate back and forth and pass to each other.

- \* Pass while skating forward then pivot to backward skating.
- \* Take a pass while skating backward and then make a forward C cut to the inside to move forward and pass.

B3-3002

63 Level 3 BASIC SKILLS: PASSING

3. B3, PASSING ROUTINE ONE

Do the exercise in a pattern and then pass to the waiting player who repeats the activity.

- \* Carry the puck forward
- \* Carry the puck backward
- \* Move with a puck sideways then to the left and to the right
- \* Skate backwards and do a tight turn both to the right then to the left, (spinorama move).
- \* Pass the puck to your partner who does the same spinorama before skating forward.
- \* In this activity one player skates while the other stands in place. One player skate forward and carry the puck around your stationary partner, then skate backward to the starting place and give a long hard wrist pass. Partner repeat.

B3-3003

CARD 63b

Level 3 BASIC SKILLS: PASSING

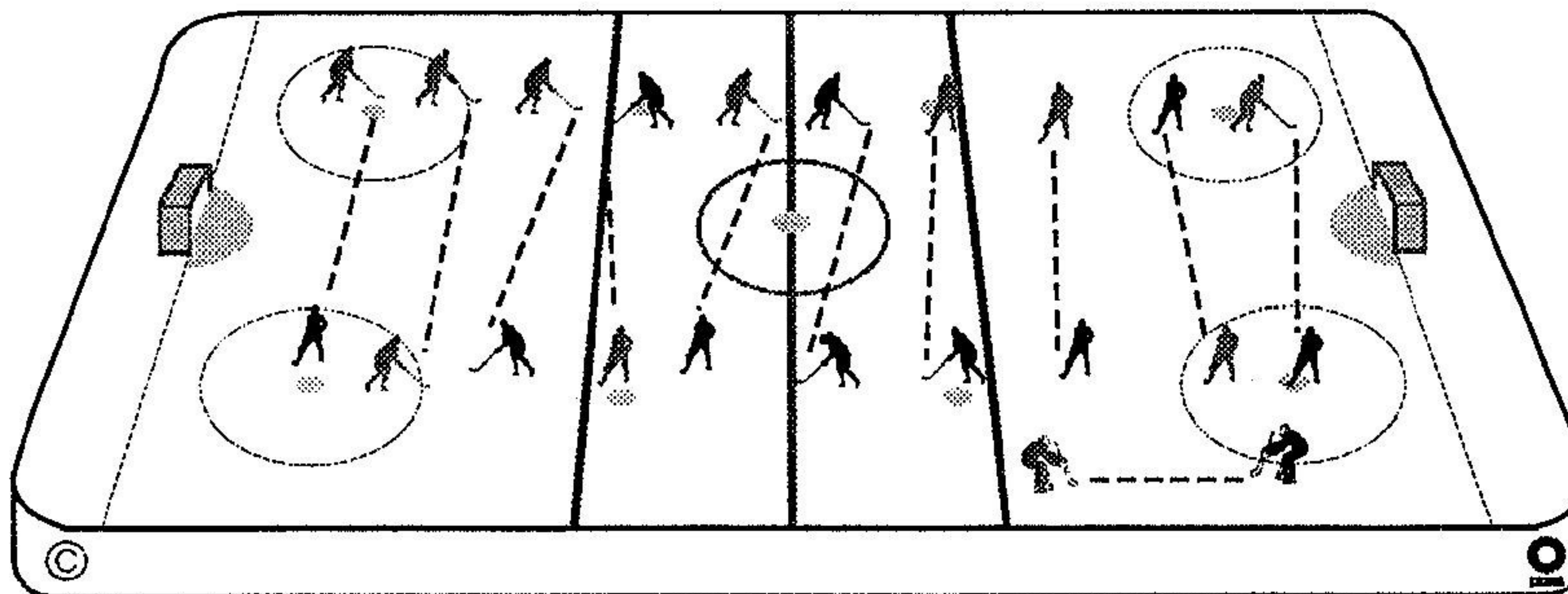
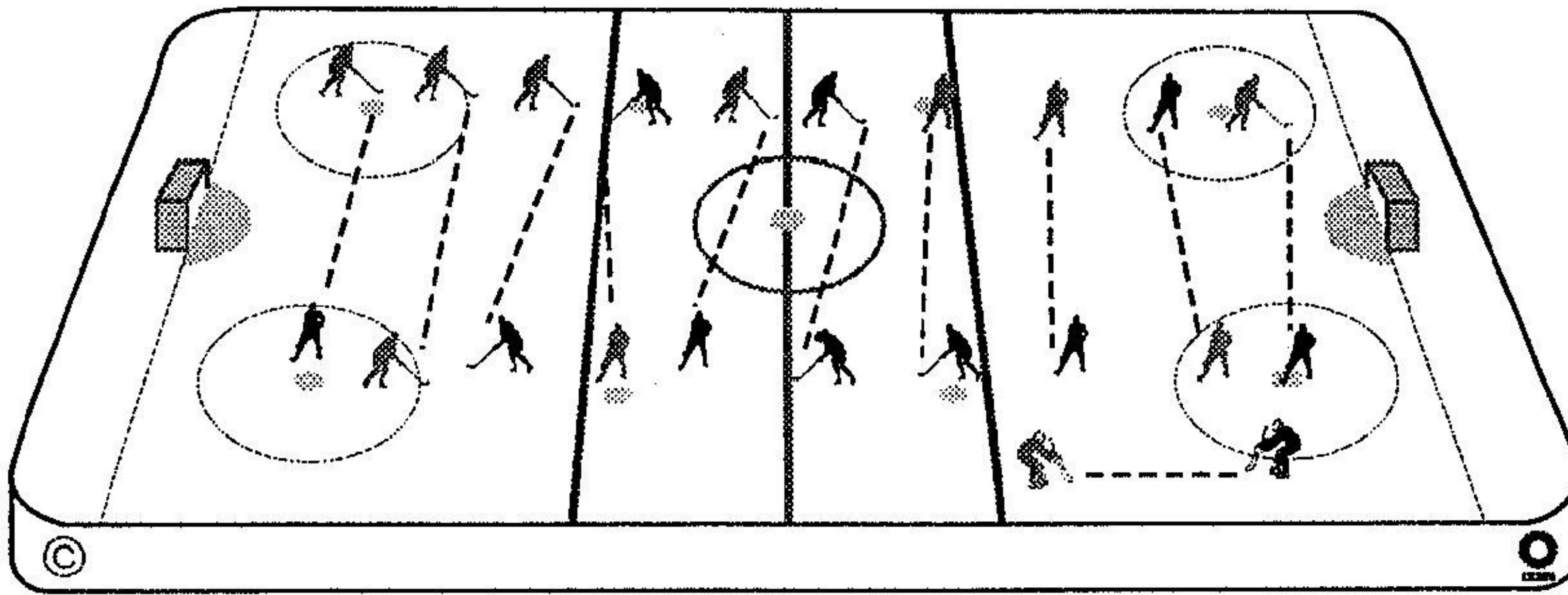
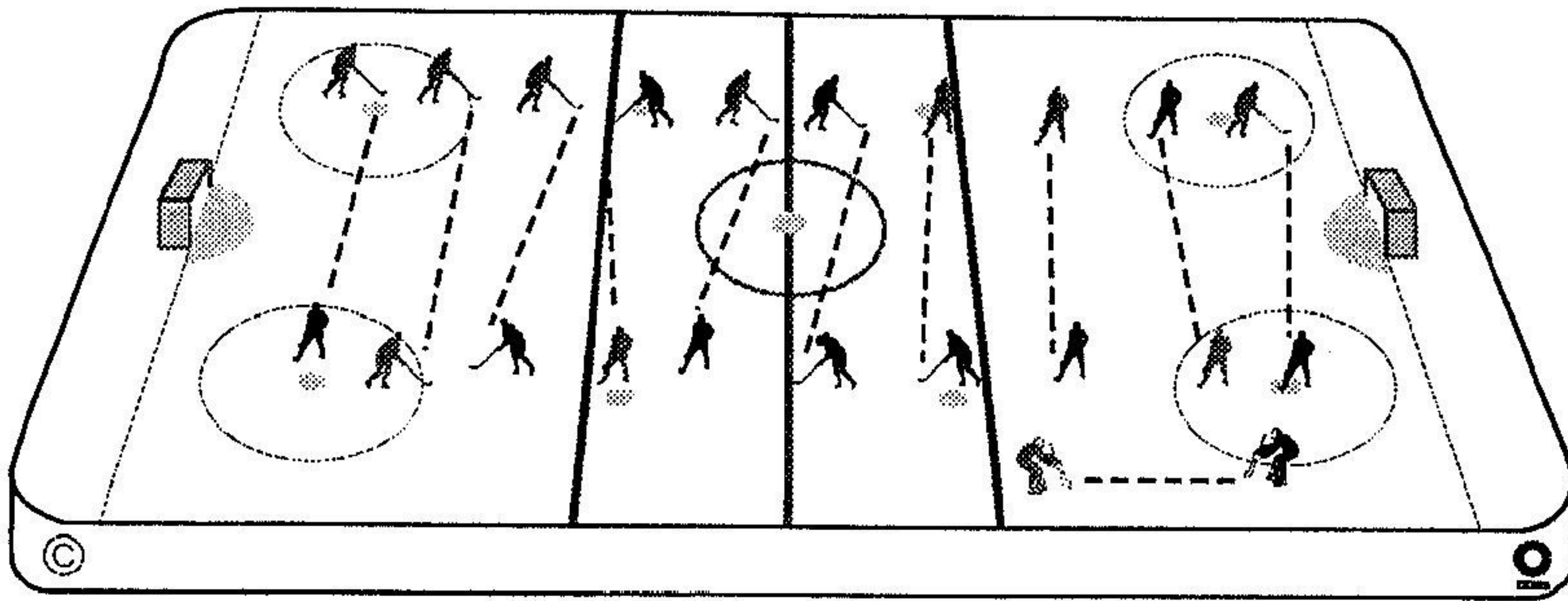
3. B3, PASSING ROUTINE TWO

Two players face their partner, the player with the puck skates forward then passes to his partner, who is skating backward. The receiver takes the pass and does a C cut with one skate to transfer his momentum to forward skating, he then skates forward and makes a pass to his partner who is now going backward. Make sure all passes are made with the feet moving.

- \* Make a forehand wrist pass.
- \* Make a backhand wrist pass.
- \* Make a saucer pass.
- \* Receive the pass and pivot before skating forward. (spinorama)
- \* Receive the pass and drive sideways then forward before passing.

B3-3004







**CARD 64**

**Level 3 BASIC SKILLS: PUCK HANDLING**

**3. B300, STATIONARY PUCK PROTECTION**

Two players work together to protect the puck.

- \* Place the puck in front of one of the players, he cannot touch the puck.
- \* The other player starts behind the offensive player and is trying to get the puck, he cannot reach between the offensive players legs.
- \* On the whistle the offensive player shield the puck with his body and stick, so the defensive player cannot get it. Go for about 5-10 seconds then blow the whistle and switch.

**B300-3001**

**CARD 64b**

**Level 3 BASIC SKILLS: PUCK HANDLING**

**3. B300, SKATING PUCK PROTECTION**

Two players work together to protect the puck.

- \* Place the puck in front of one of the players. The other player starts behind the offensive player and is trying to get the puck.
- \* On the whistle the offensive player handles the puck and shields it with his body, so the defensive player cannot get it. Go for about 5-10 seconds then blow the whistle and switch.

**B300-3002**

**CARD 65**

**Level 3 BASIC SKILLS: PUCK HANDLING**

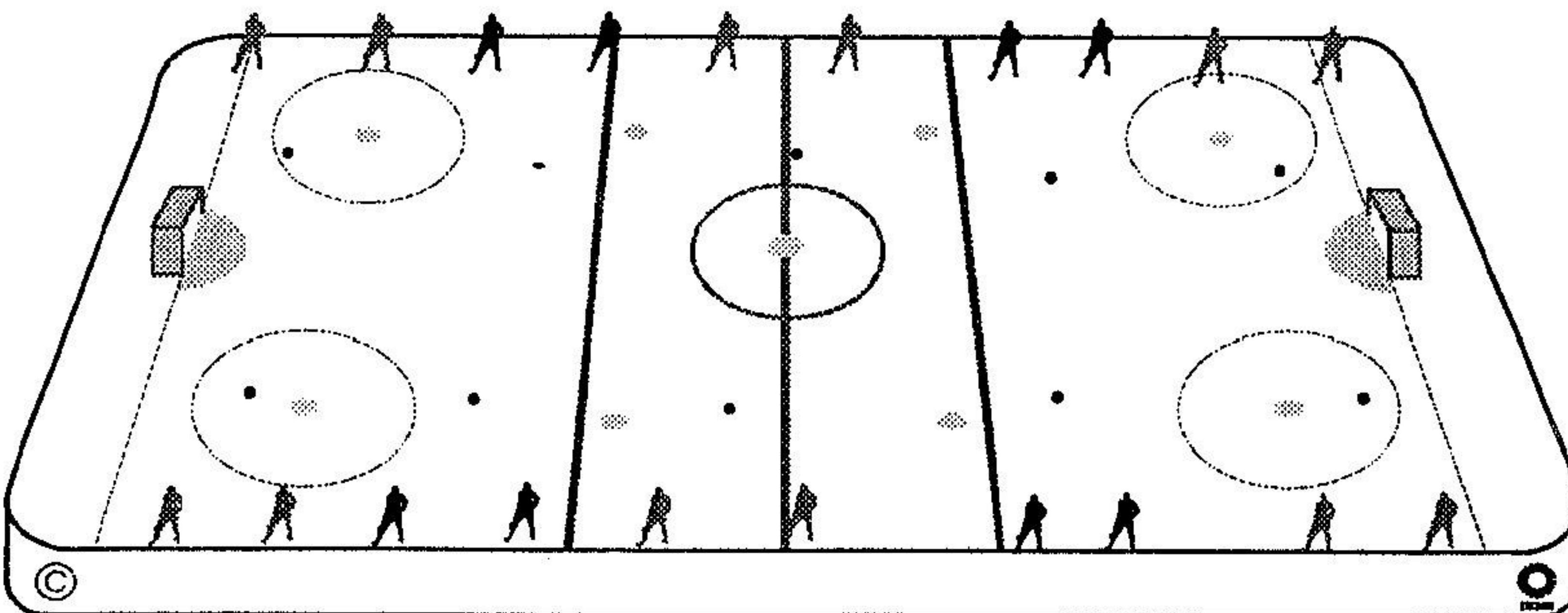
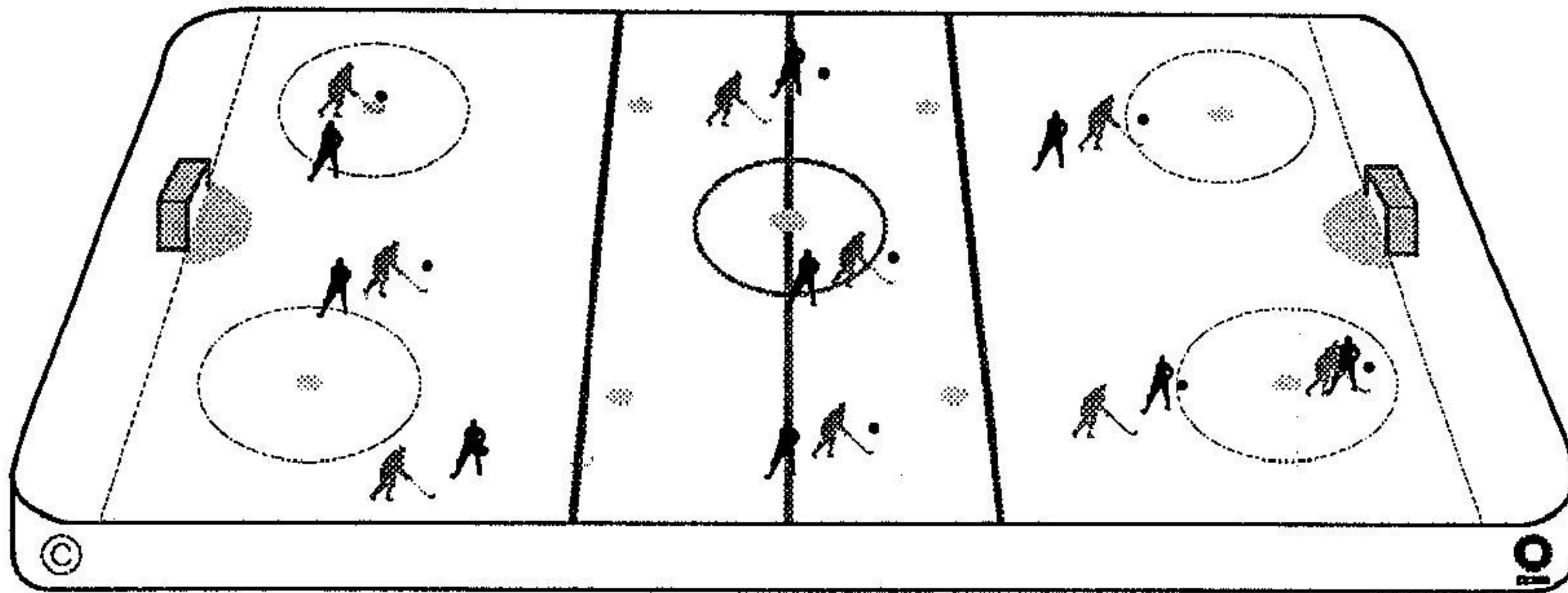
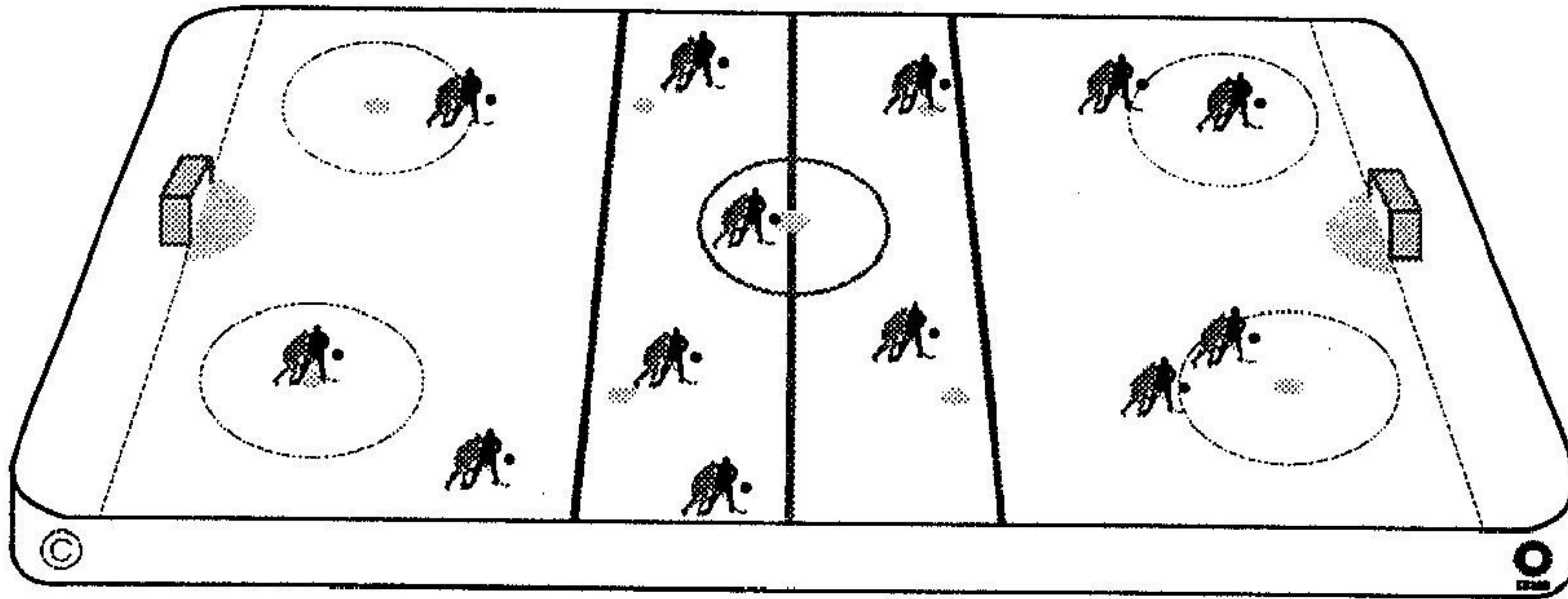
**3. B300, PUCK PROTECTION CONTEST**

Groups two players are spread along the boards. Two players stand with one foot touching the boards, place a puck about 5m. in front of them.

- \* On the whistle they race for the puck and play keep away, protecting the puck with their body.
- \* Go for about 5-10 seconds, then have one player rotate to the next group and go against another opponent.

**B300-3003**







CARD 65B

PLAYING SKILLS

3. B4, MIRRORING

Start from the middle and swing deep in the zone before starting.

- \* Mirror your partner's forward skating while skating backwards
- \* In pairs follow the leader while skating forward.
- \* Partner skating taking turns breaking past each other.
- \* Use skating fakes and change of speed to beat a partner who is skating backwards.
- \* Do one figure eight.
- \* Do one backward figure eight.

B4-3001

CARD 66

Level 3 PLAYING SKILLS

3. B4, MIRRORING

- \* Partner skating taking turns breaking past each other.
- \* Use skating fakes and change of speed to beat a partner who is skating backwards.
- \* Use head and shoulder fakes to beat partner who is skating backwards.
- \* Play a 1 on 1 fake a shot to fool a passive opponent.
- \* Do one figure eight on each half of the ice.
- \* Do one backward figure eight on each half of the ice.

B4-3002

CARD 67

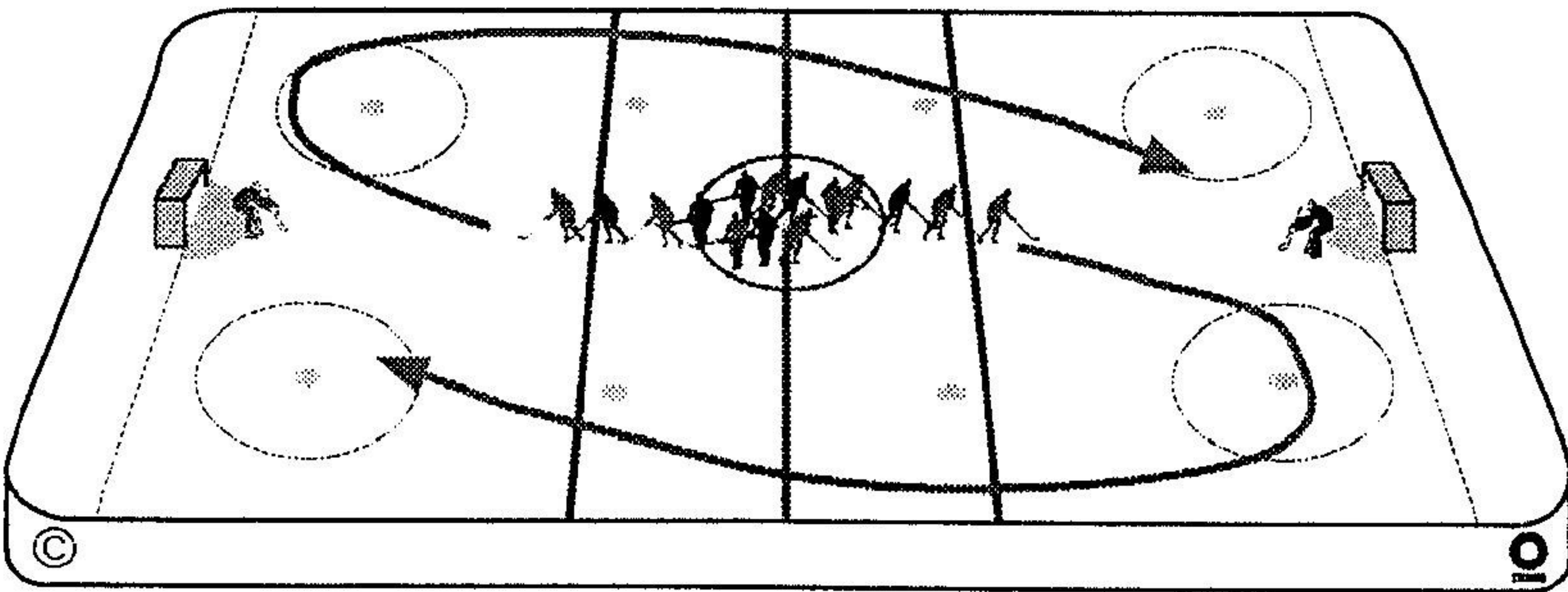
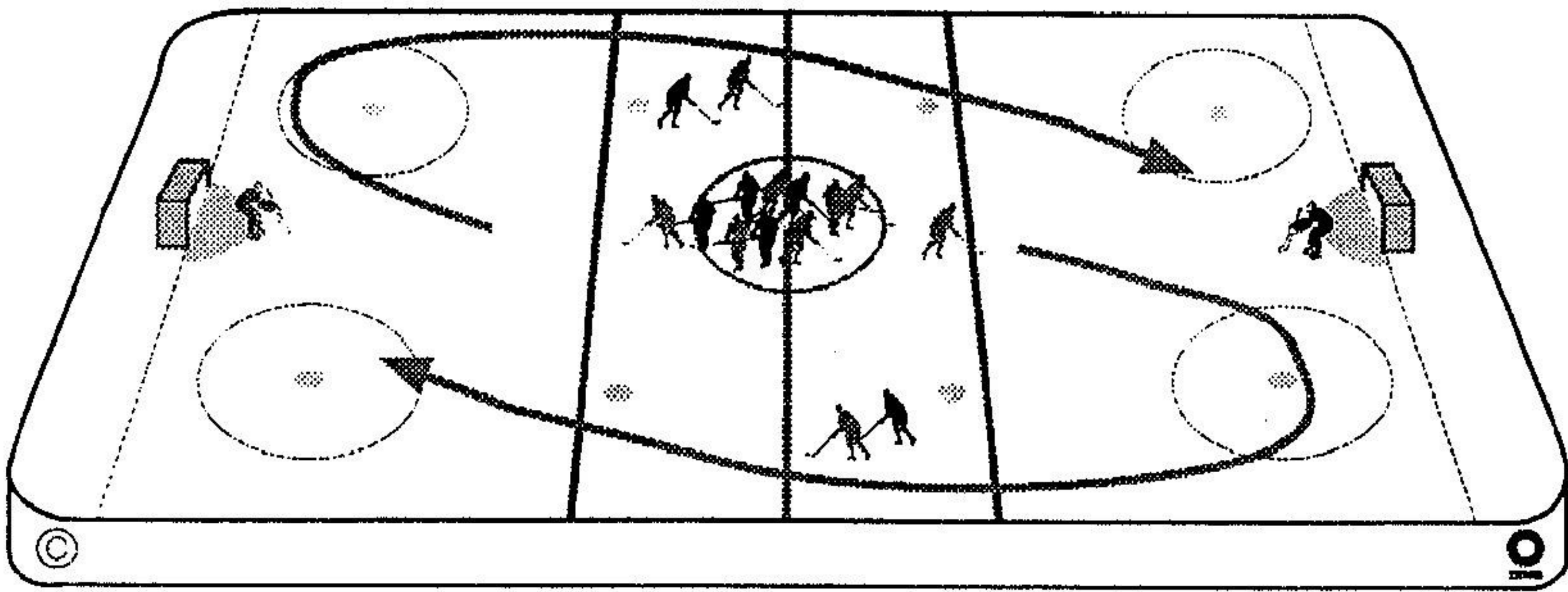
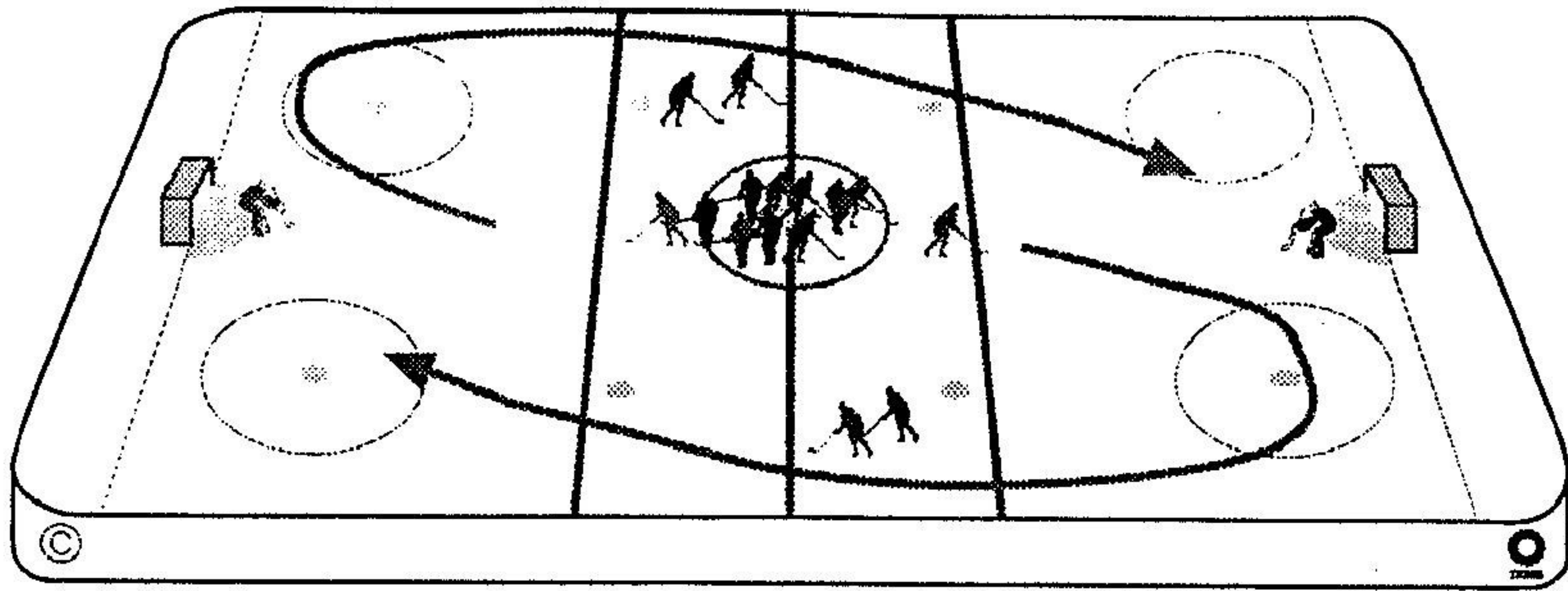
Level 3 BASIC SKILLS: SKATING

3. B4, SKATING EXERCISES DONE WITHOUT A PUCK

- \* Do one figure eight in the neutral zone.
- \* Do one backward figure eight in the neutral zone.
- \* Do two figure eights, one in each half of the ice.
- \* Do two backward figure eights, one in each half of the ice.
- \* Alternate one forward then one backward figure eight in each half of the ice.
- \* Do three figure eights, one in each zone.
- \* Do three backwards figure eights, one in each zone.

B4-3003







CARD 67b

Level 3 BASIC SKILLS: PUCK HANDLING

3. B4, SKATING EXERCISES WITH A PUCK

The players skate at full speed, pick up a puck in the corner and skate down the ice for a shot. They should follow their shot and look for a rebound.

- \* Crossover skate down the ice and take a shot.
- \* Do one figure eight in the neutral zone while always facing the far end.
- \* Do one backward figure eight in the neutral zone.

B4-3004

CARD 68

Level 3 ORIENTATION

3. B5, BASIC FORMATION

From B5 formation many game like situations can be created. It is also a good warm-up drill for the goal keepers and for teaching both the offensive and defensive principles.

- \* In offence 1-2-3 can be taught by limiting amount of passes to make it as game like as possible .
- \* The pass receivers either go to the far post or save ice by slowing down and form a triangle. The third player can take the 1-3 pass or get into position off the near post if the puck carrier goes behind the net.

B5 - 3000

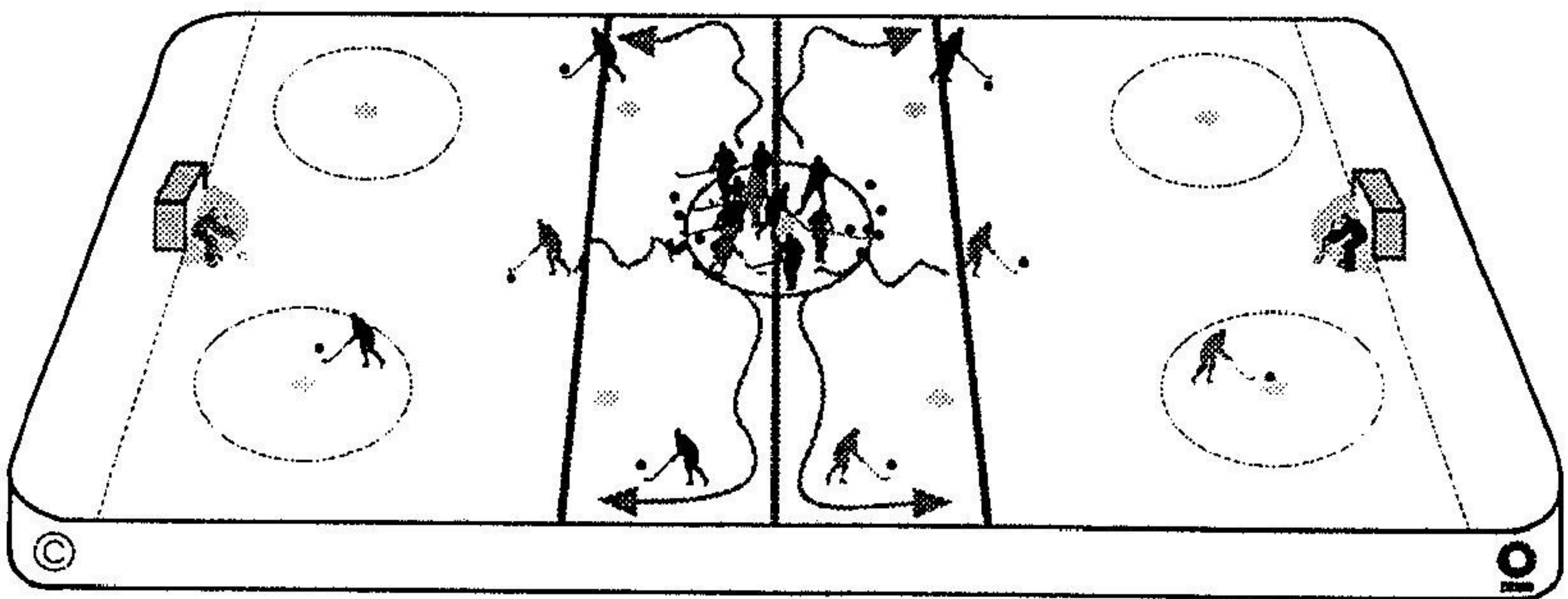
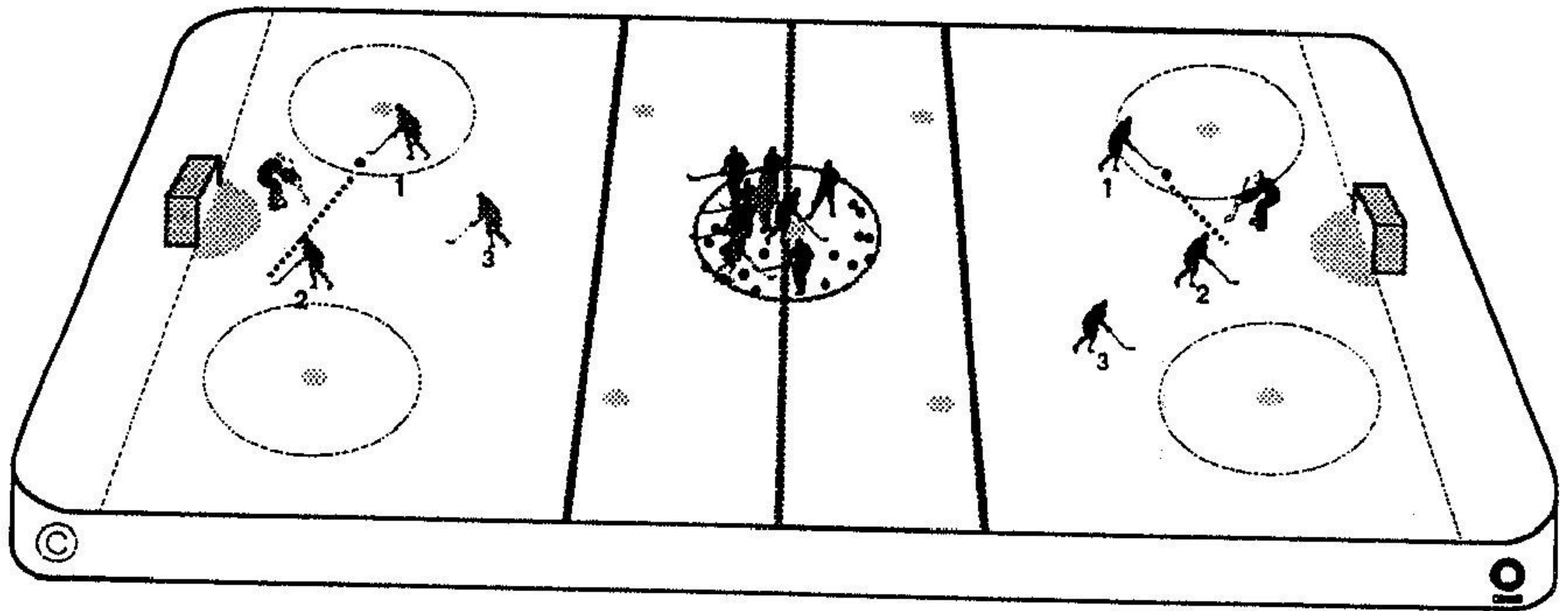
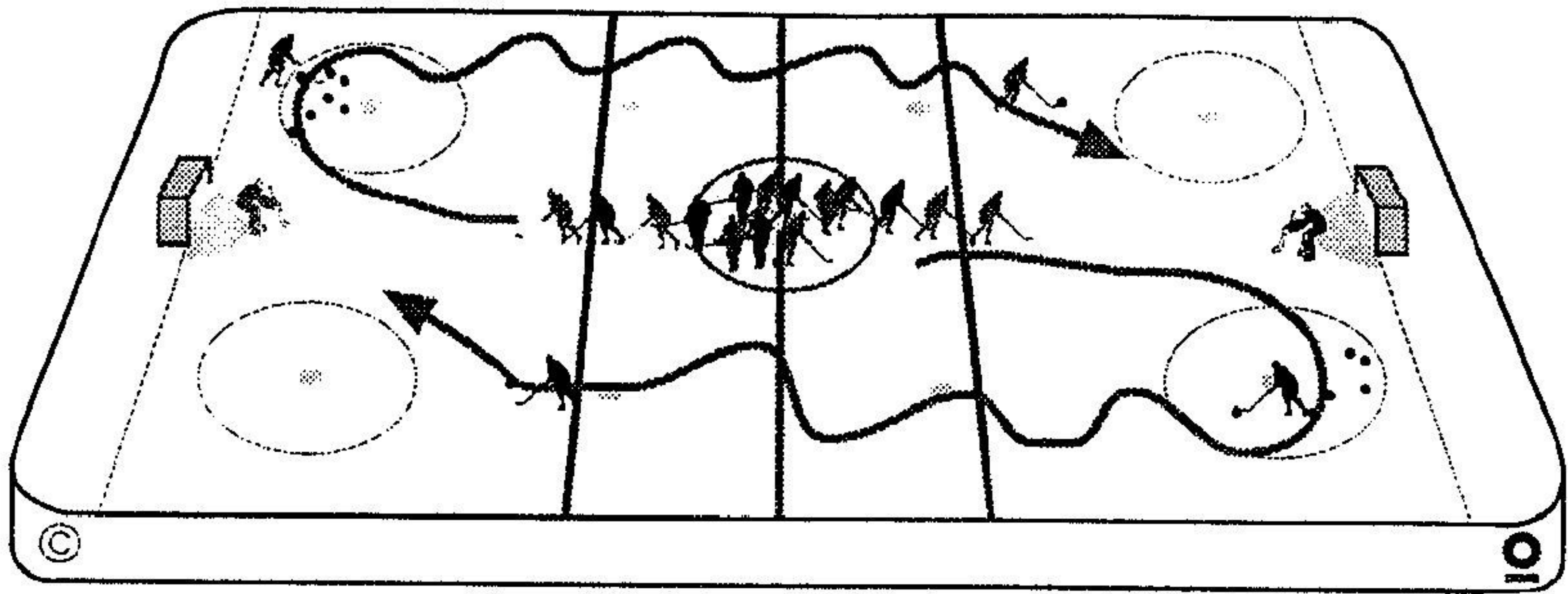
CARD 68 b

3. B5, 1-0 SHOOTING FROM THREE DIFFERENT ANGLES

- \* Number one carries the puck to a wide lane and shoots.
- \* Number two carries the puck down the middle lane and shoots.
- \* Number three carries the puck to the other wide lane and shoots.

B5 - 3001







CARD 69

3. B5, 1-0 (Slava Lener) SHOOTING WHILE HANDS AND FEET ARE MOVING QUICKLY  
Place pucks near the boards. Players leave from inside the middle face off circle.

\* Forward skates and gets a puck near the boards in the neutral zone, then execute a tight turn toward the boards and skate into the slot and shoot. Defenseman skates and gets a puck near the boards in the neutral zone; backward skates to the blue line then drags the puck to the middle and shoots.

B5-3003

CARD 69b

Level 3 BASIC SKILLS: SCORING

3. B5, 1-0 PICKING UP THE PUCK FROM THE CORNER (Slavomir Lener)

Place the pucks at on each side of the goalie at the bottom of the face off circles.

\* The first player leaves and picks up a puck from the corner. The player skates around the top of the circle, keeping her hands and feet moving, and takes a shot from the slot and follow the shot for a rebound.

\* The second player does the same thing but gets a puck from the other corner.

B5-3004

CARD 70

Level 3 BASIC SKILLS: SCORING

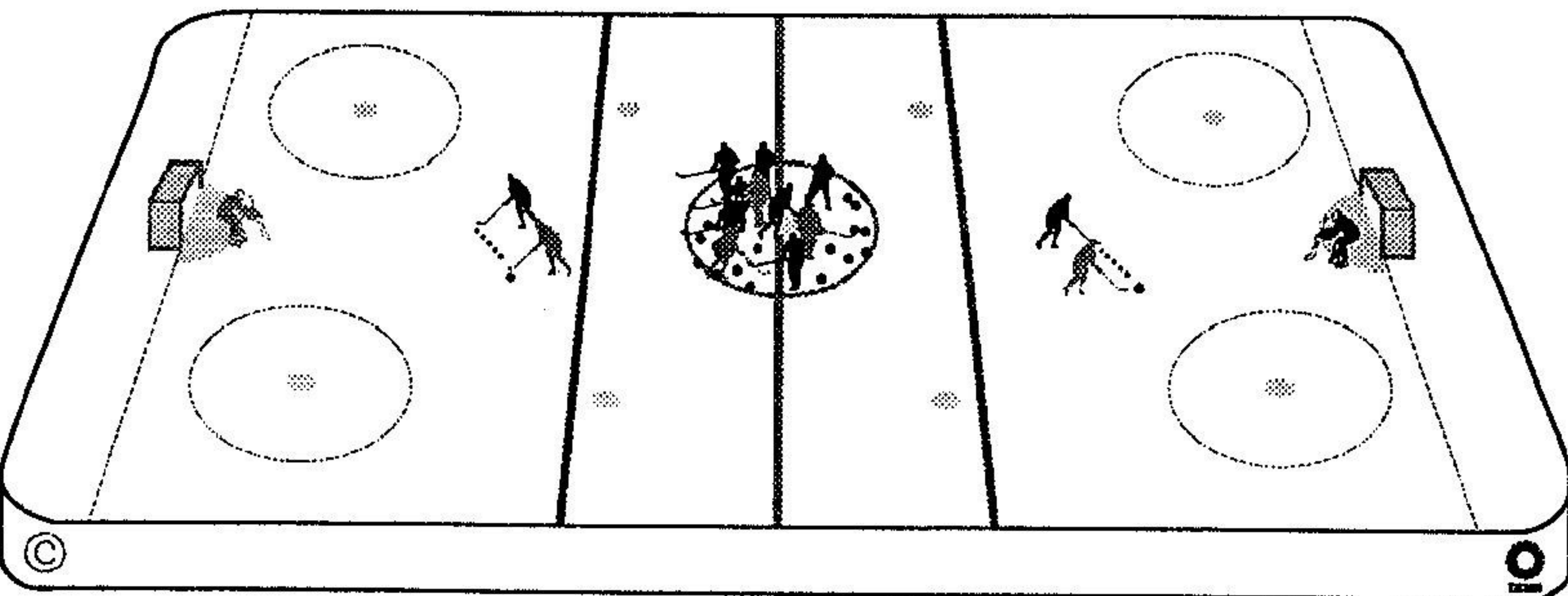
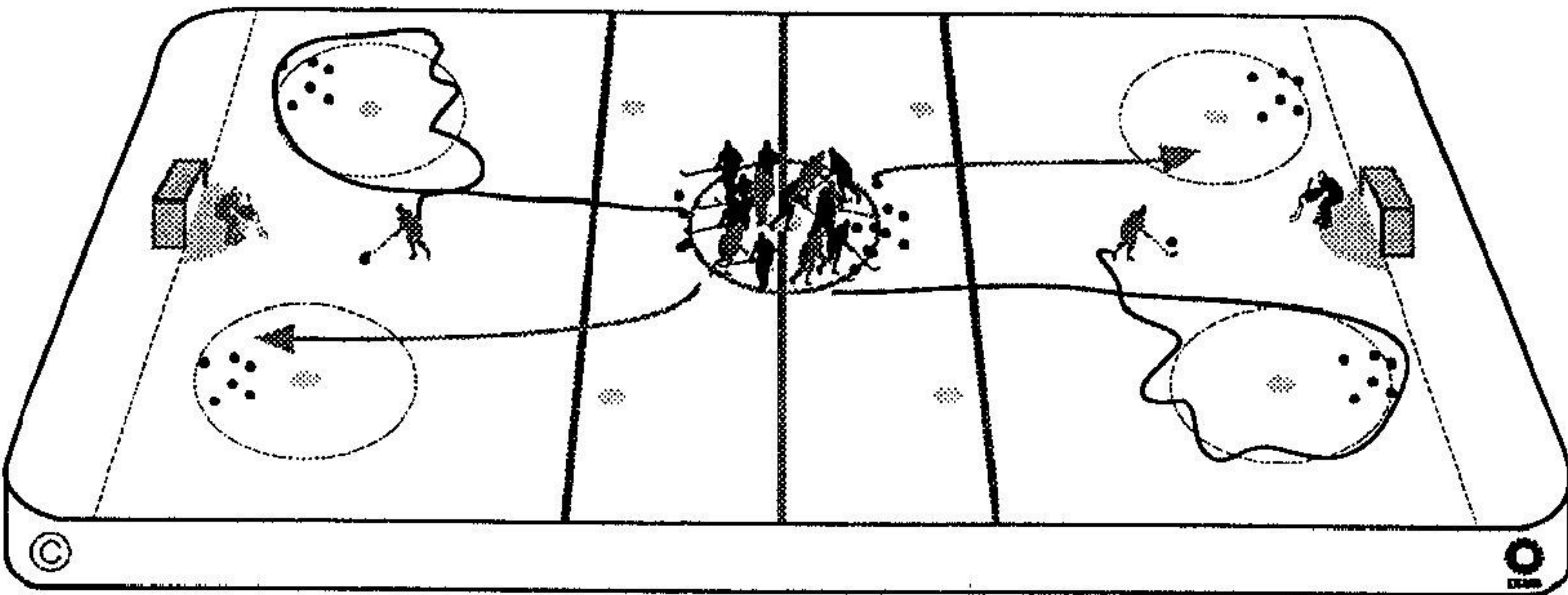
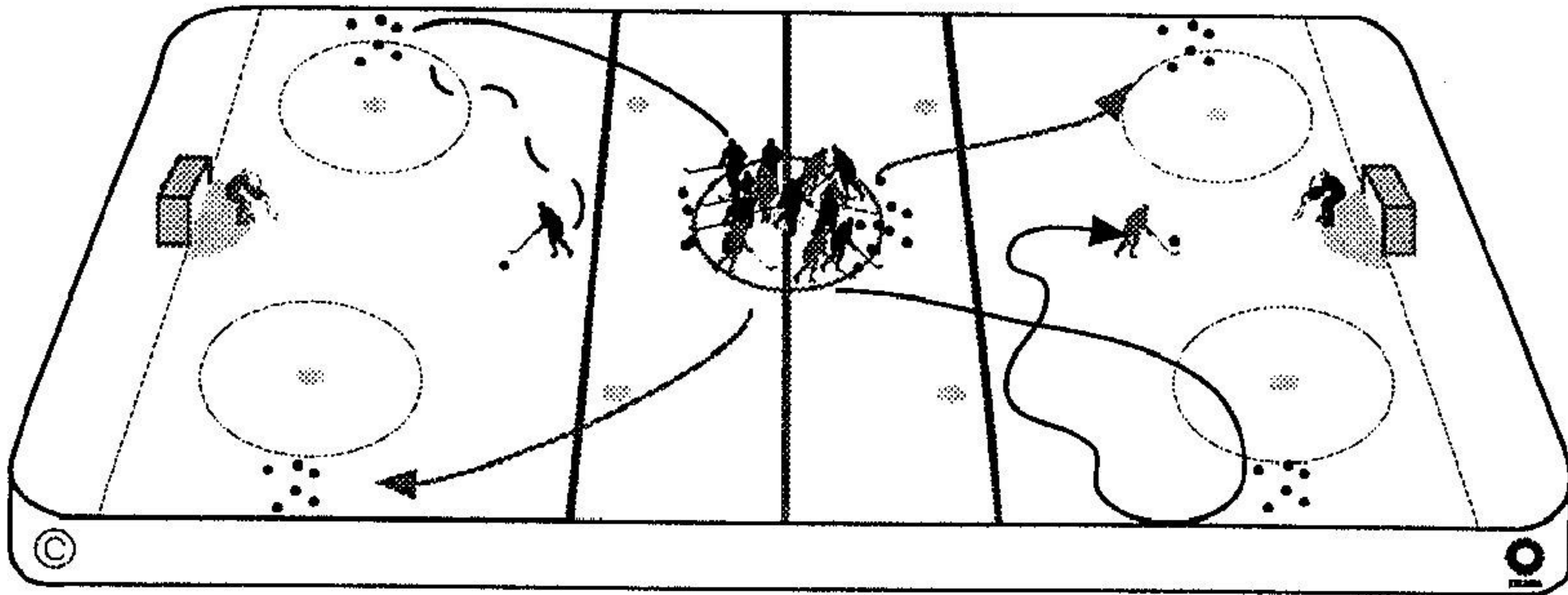
3. B5, 2-0 SHOOTING ONE TIMERS

The players have the pucks in the middle face off circle.

\* The first player passes to the second player and they skate parallel and about 5 meters apart in the center lane. The first player turns towards the second player with his stick back to one time shoot the pass from player two. Only forehand passes should be used.

B5-3005







OCARD 70b

Level 3 BASIC SKILLS: SCORING

3. B5, 2-0, SHOOTING ONE TIMERS AND LEARNING THE 1-2 PRINCIPLE

\* The first player leaves and skates to a wide lane, gets a pass from player two in the middle. Player two then skates hard to the far post for a pass.

\* The players have maximum two passes to score.

B5-3006

CARD 71

Level 3 BASIC SKILLS: SCORING

3. B6, SHOOTING WHILE SKATING

\* Skate over the blue line with the puck and then turn back to the middle to shoot on the net, rebound and go to the opposite corner and then skate out over the blue line and take a pass from the opposite corner and shoot quickly.

\* Skate over the blue line with the puck and turn back toward the boards and then skate into the slot and shoot, look for a rebound and then go to the opposite corner and skate out over the blue line and take a pass from the opposite corner before skating in for another shot.

\* Leave from the corner with a puck, skate around the top of the face off circle and take a shot and rebound. Wait in the opposite corner.

B6-3001

CARD 71b

Level 3 BASIC SKILLS: SCORING

3. B6, VARIATIONS TO SCORING EXERCISES

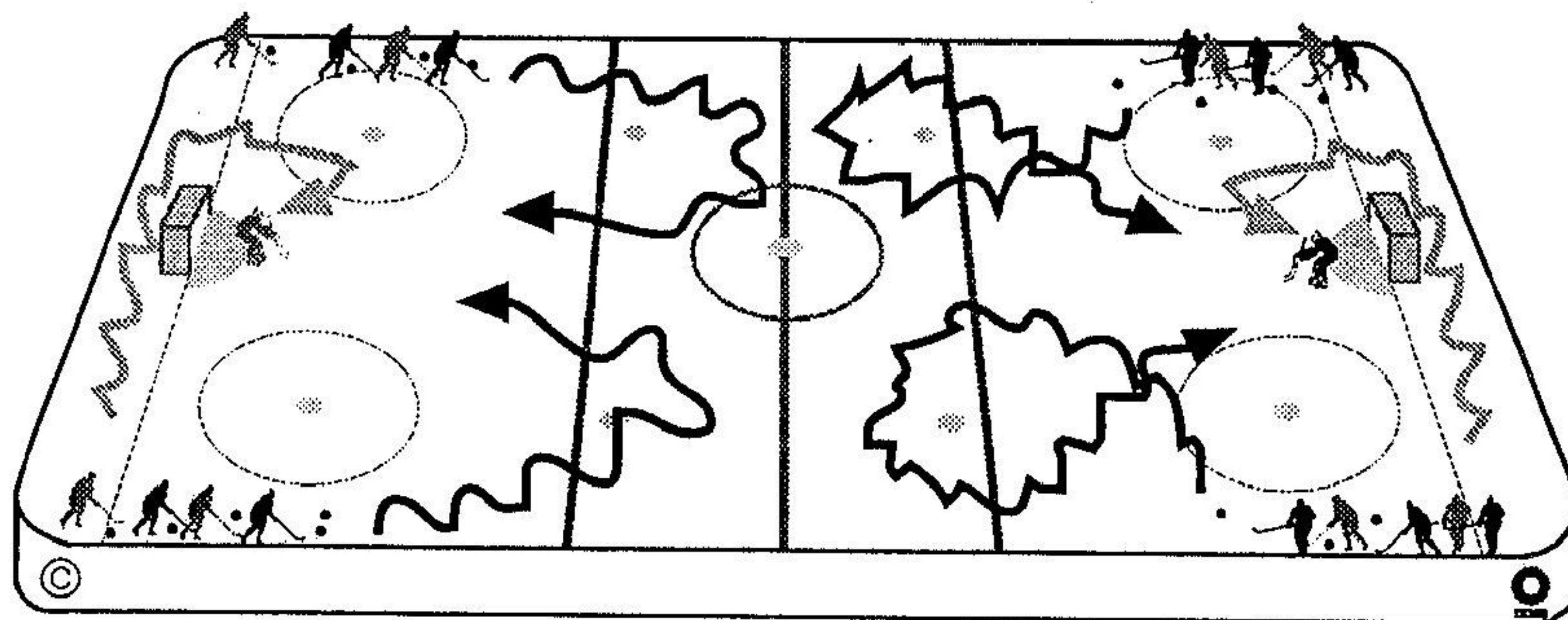
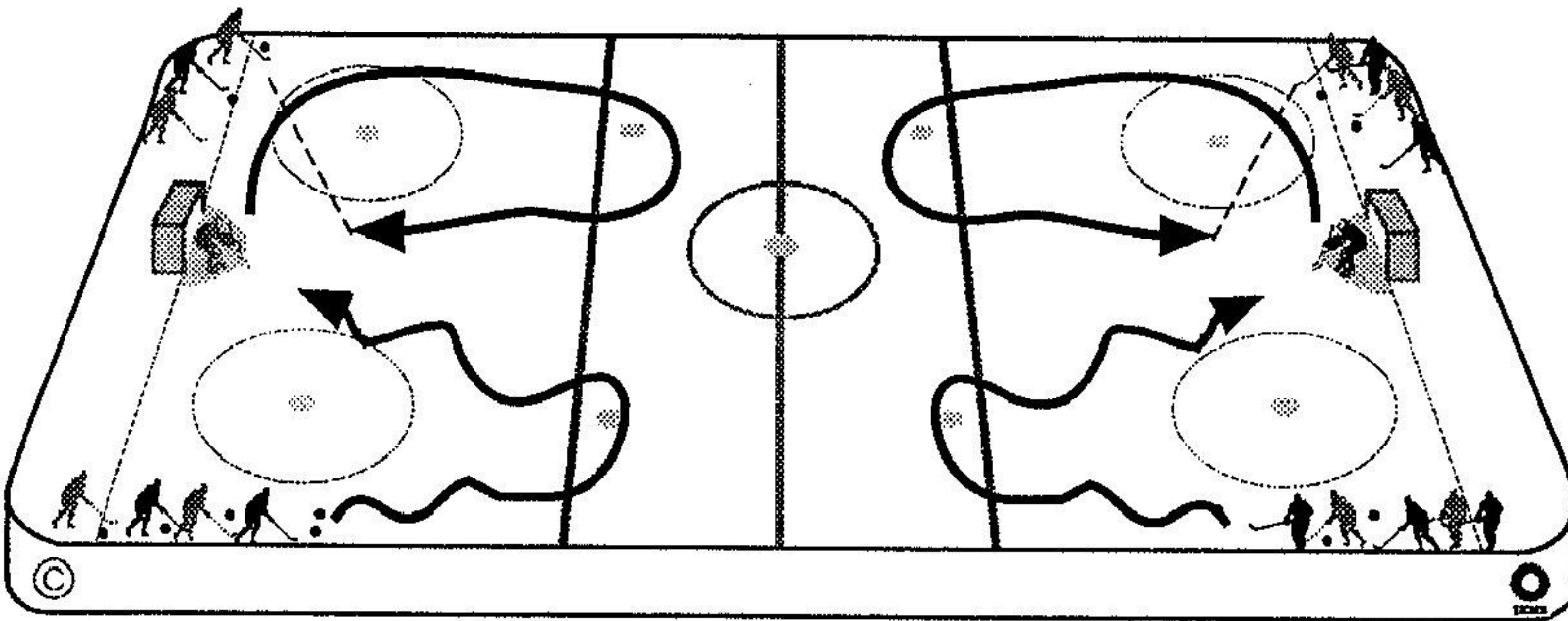
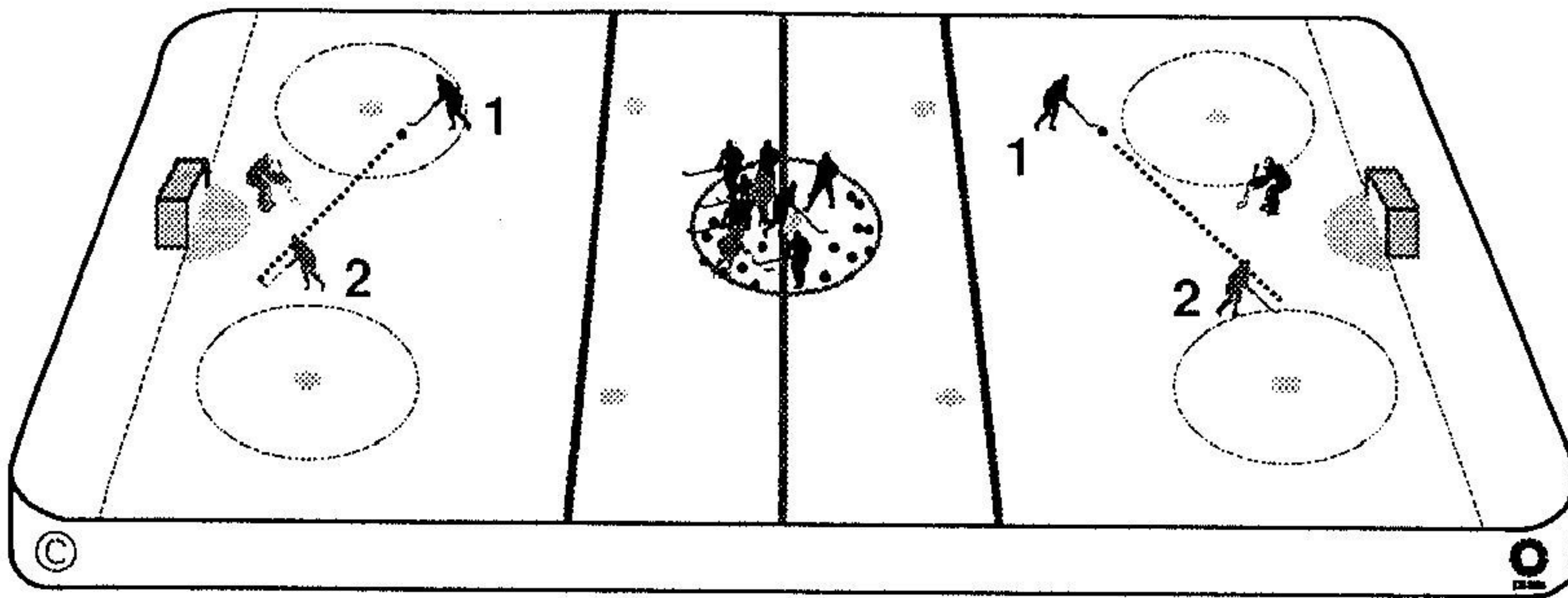
\* Skate over the blue line with the puck and then turn back to the middle to shoot on the net, rebound and go to the opposite corner and then skate out over the blue line and take a pass from the opposite corner and shoot quickly.

\* Skate over the blue line with the puck and turn back toward the boards and then skate into the slot and shoot, look for a rebound and then go to the opposite corner and skate out over the blue line and take a pass from the opposite corner before skating in for another shot.

\* Leave from the corner with a puck, skate around the top of the face off circle or out from below the goal line by pushing with the inside foot and gliding on the outside foot while making fake passes and shots. Then take a shot and follow it for a rebound. Wait in the opposite corner.

B6-3002







**CARD 72**

**Level 3 BASIC SKILLS: SCORING**

**3. B6, T-PUSHING AND SCOOTERING**

\* Carry the puck using T-pushing by pushing with the inside foot and gliding on the outside foot while making fake passes and shots. Then take a shot and follow it for a rebound. Wait in the opposite corner.

\* Carry the puck by scootering by keeping the skates flat on the ice and toeing out and in. Try to score by using a wrap-around.

**B6-3003**

**CARD 72B**

**Level 3 BASIC SKILLS: PASS AND SHOOT**

**3. B6, 2-0 PASS - SHOOT - REBOUND**

\* Two players leave from the corner. Number one passes to number two who carries the puck out to the blueline and then shoots from the top of the circle while they both go for the rebound.

\* Do the same as before but after the first pass number two passes back to number one who takes a one timer shot

**B6-3004**

**CARD 73**

**Level 3 BASIC SKILLS: PASSING-SHOOTING**

**3. B600, FORMATION**

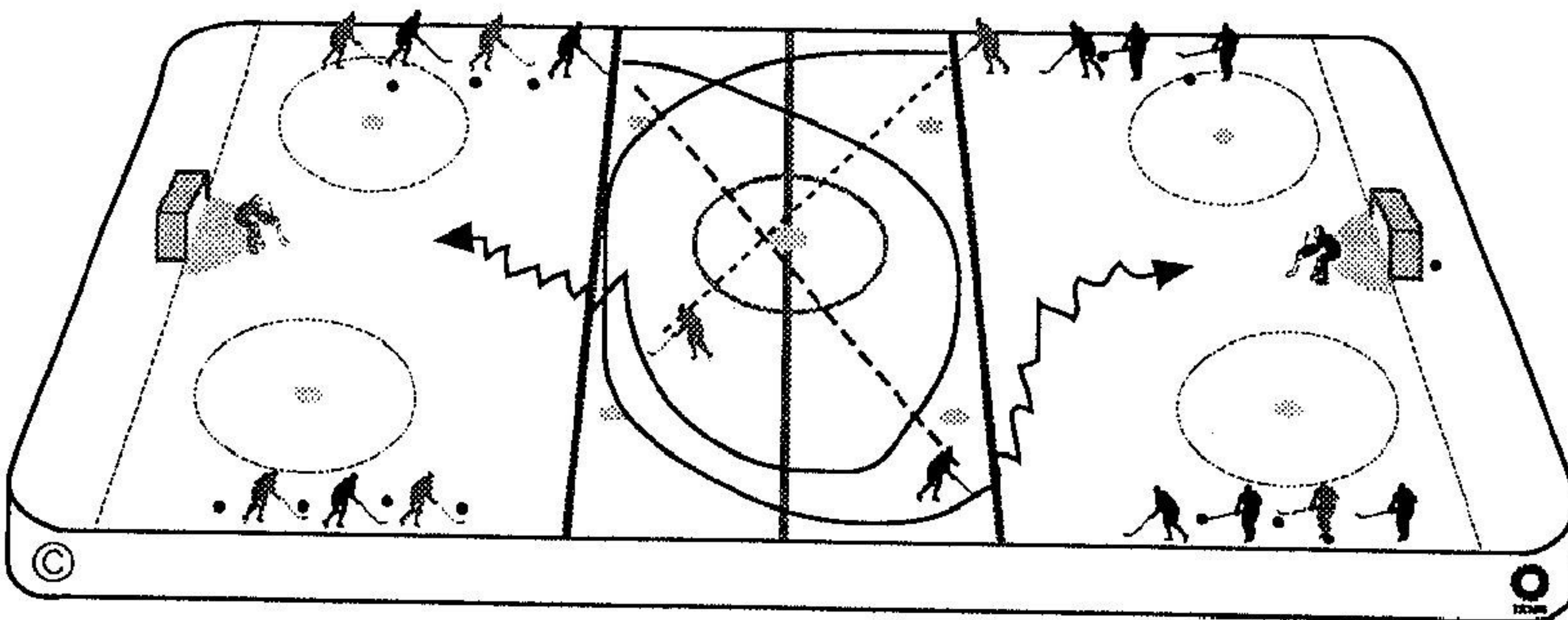
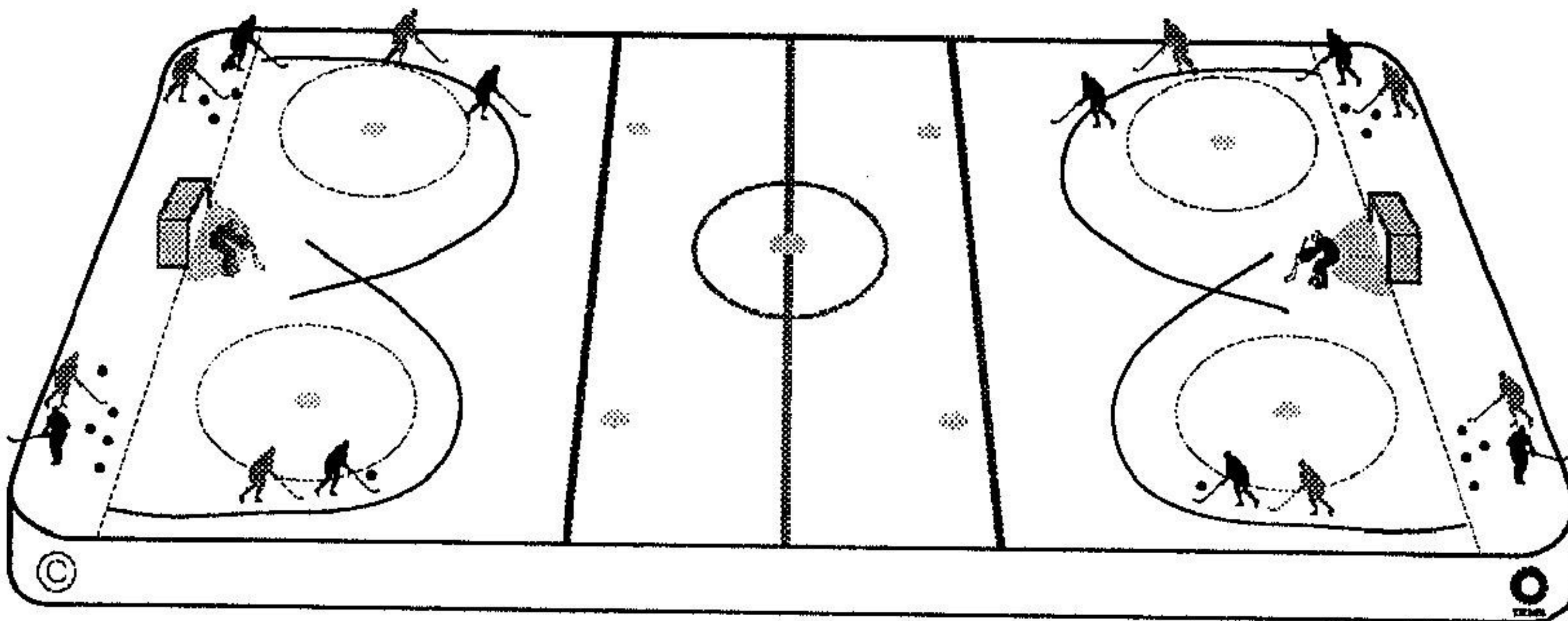
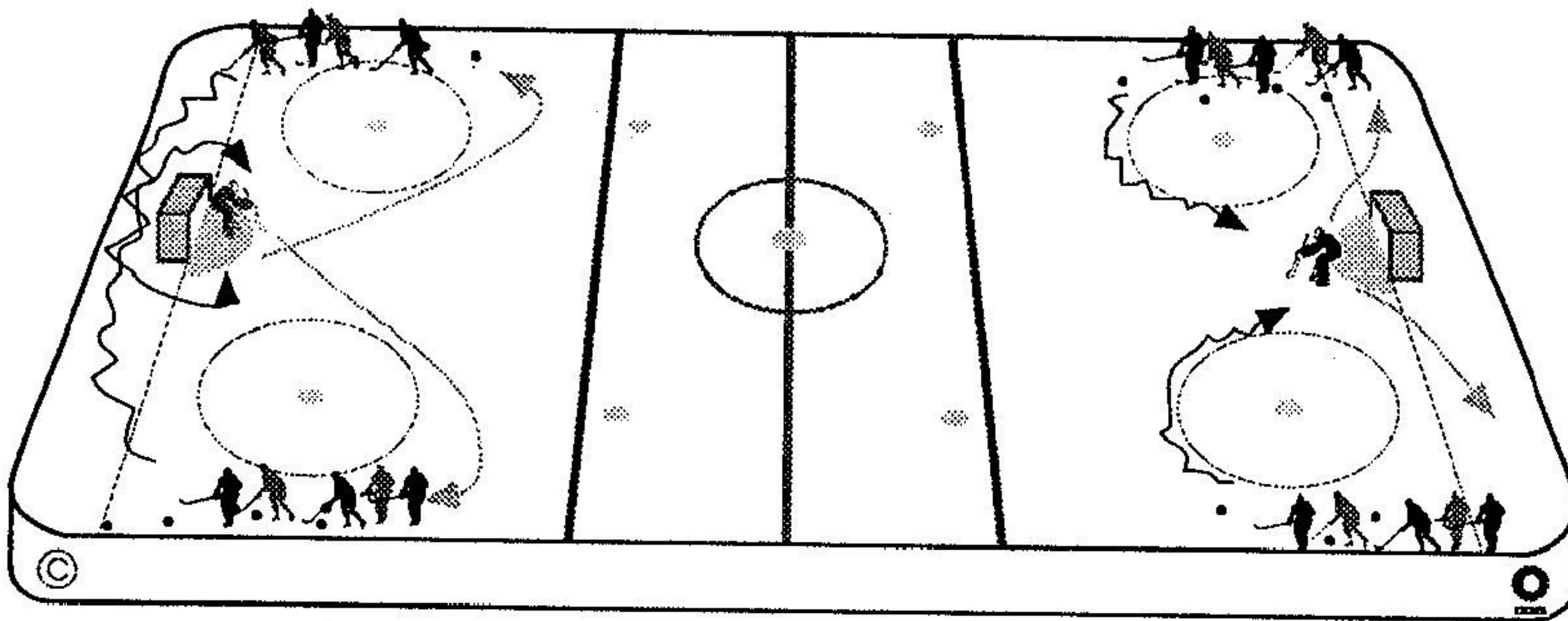
\* Players line up along the boards with pucks behind each blue line on either side of the ice.

\* One player from each line on one side of the ice leaves and skates around the middle circle and receives a pass from the next player at the opposite blue line and shoots on the goal at the end he lined up at.

\* Players on the other side of the ice do the same thing.

**B600-3001**





**CARD 73b**

**Level 3 BASIC SKILLS: PASSING-SHOOTING**

**3. B600, FORMATION, PASSING AND SHOOTING EXERCISE**

\* The four lines are in the neutral zone near the red line, one player from each side of the red line leaves and skates with a puck across the ice.

\* The player give and go passes to the first player on the other side, the player then turns toward the net at her end and shoots on goal. This happens at each end.

**B600-3002**

**CARD 74**

**Level 3 BASIC SKILLS: FACE OFFS**

**3. B7, FORMATION**

Face off practices can be done at any of the face-off dots. Three players work together; one player drops the puck while the other two compete to win a faceoff. Important points are to get the skates wide apart for a solid base and watch the referee's hand. Work on various techniques to win both offensive and defensive face offs.

**B7-3001**

**74b Level 3 BASIC SKILLS: FACE OFFS**

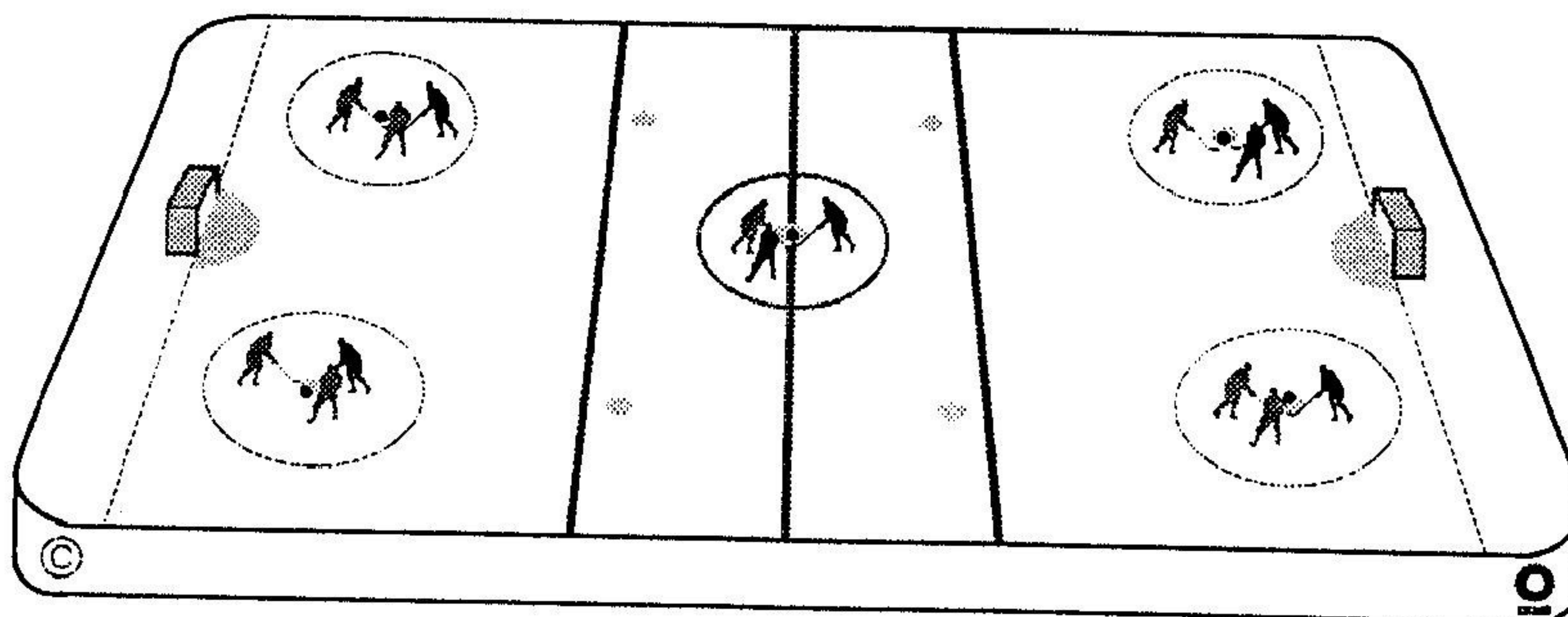
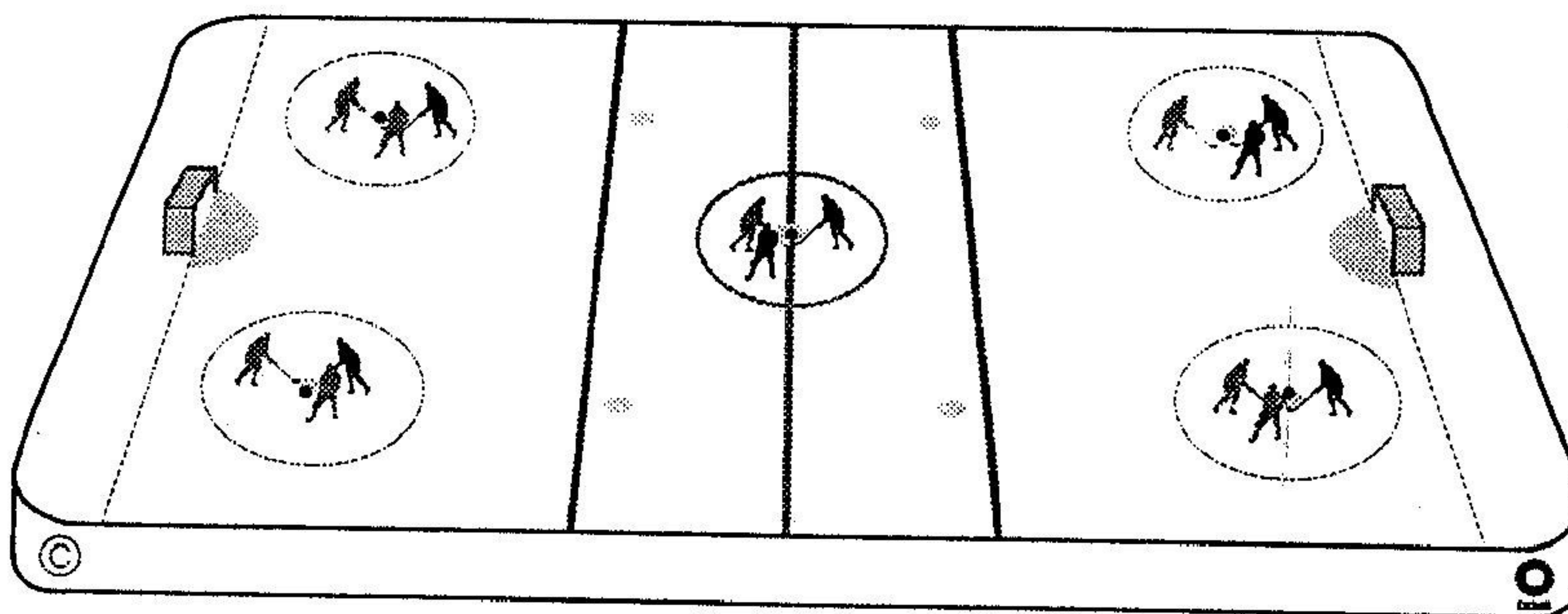
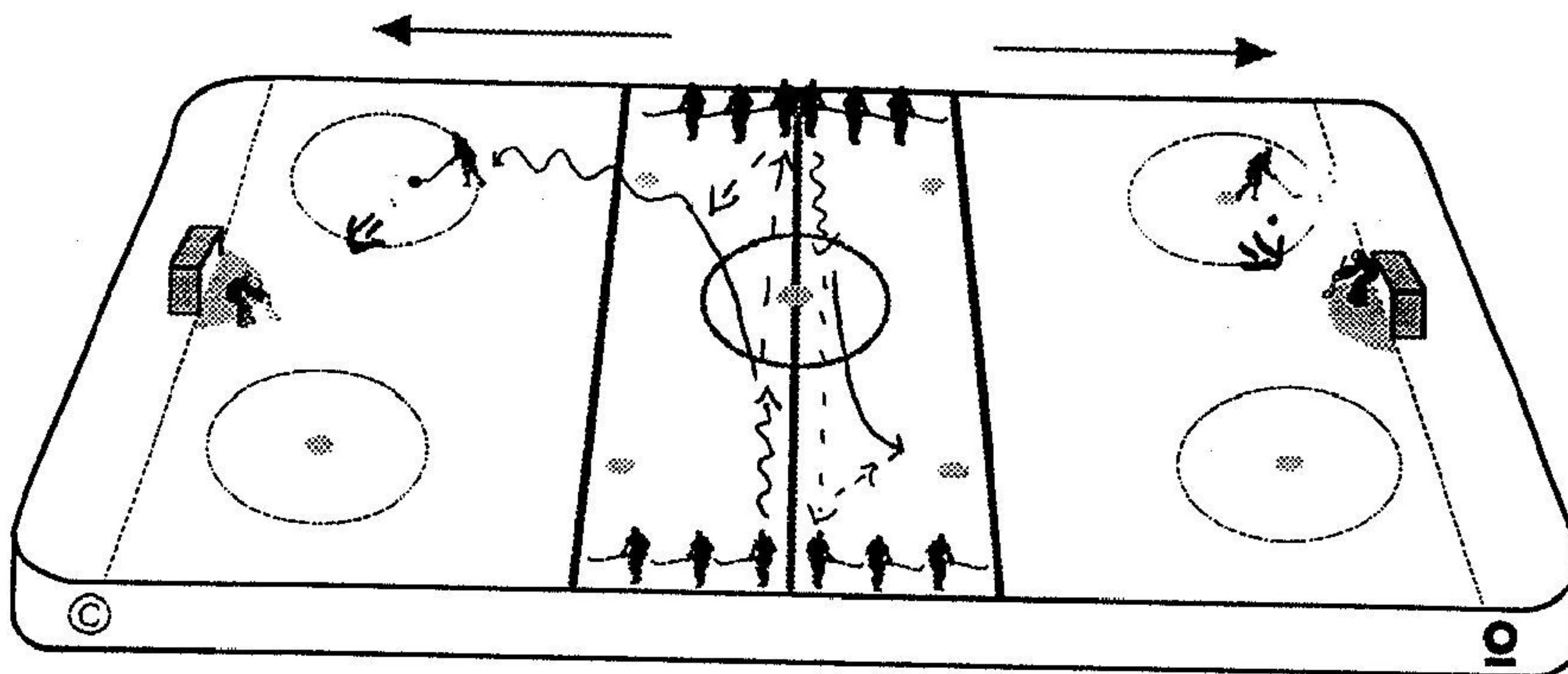
**3. B7, FACE OFF TECHNIQUES**

B7, 100 - Draw back; the player tries to beat the opponent with quickness and pull the puck back to the player behind him. This can be done using both the forehand and backhand.

B7, 101 - Shoot off of the draw; the player drives his body and his stick toward the net and tries to take a shot on net.

**B7-3002**







## CARD 75

### Level 3 BASIC SITUATIONS

#### 3. C1, BASIC FORMATION

C coded exercises take the individual skills learned in the A exercises, and the partner skills learned in B exercises and put them into more game like situations. In C exercises the main purpose is to score while on offence and to prevent a goal and regain possession of the puck while defending.

In C1 the players are lined up in a row in the neutral zone with each half facing the goal at their end of the ice. The players leave the lineskating towards their own net and turn the other way at the face-off circle or else shoot on the net and then get another puck. Each line skates towards the other end of the rink. Different game like tasks are done while skating toward the far net. This formation can be used for A and B drills then move into more complex C exercises.

C1-3001

## CARD 75b

### Level 3 BASIC SITUATIONS

#### 3. C1, ONE ON ONE FORECHECKING

The players are lined up in the basic C1 Formation. Pucks are in the middle of the ice. The first skater shoots the puck into the corner and then skates and gets it and tries to cut up to the "big ice" between the dots. The second player leaves about two seconds later. This is the forechecker who forces the puck carrier to an outside lane. Allow the puck carrier to skate a little ahead, so he can't cut to the inside, steer the play wide and angle to the boards by approaching at the back shoulder of the puck carrier, then finish the play with an angle check.

C1-3002

## CARD 76

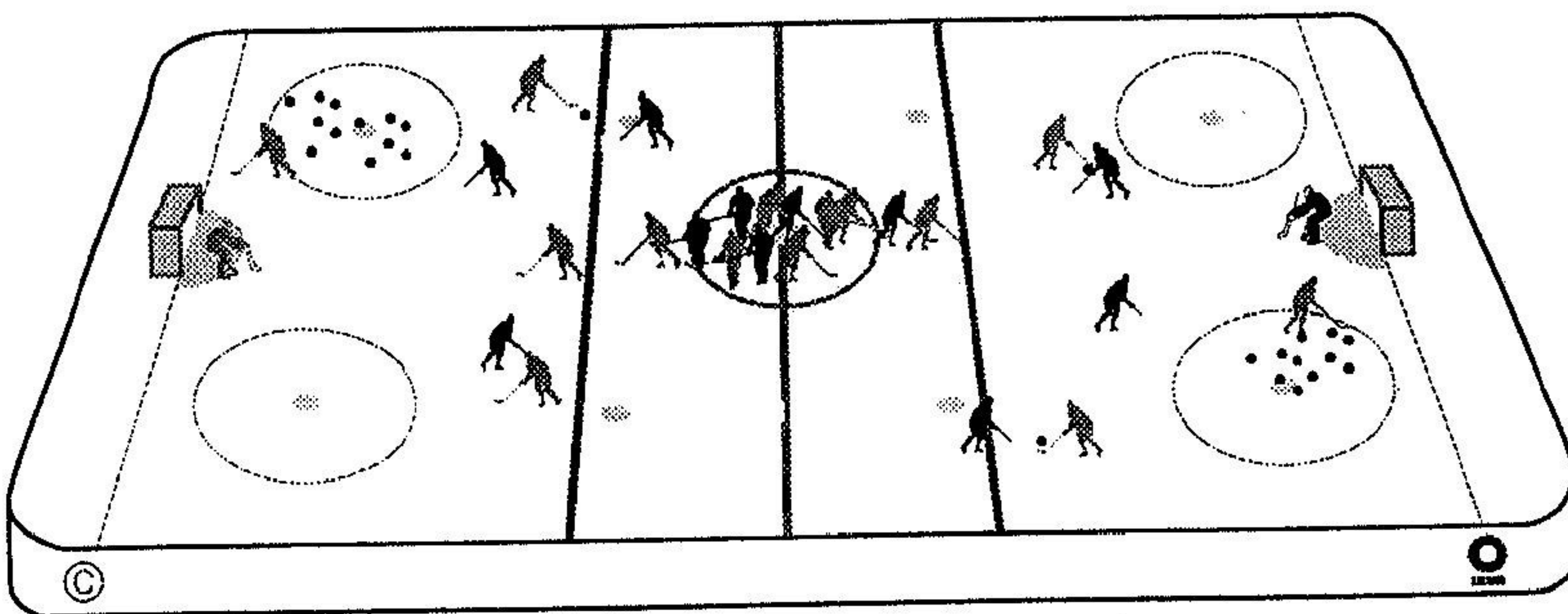
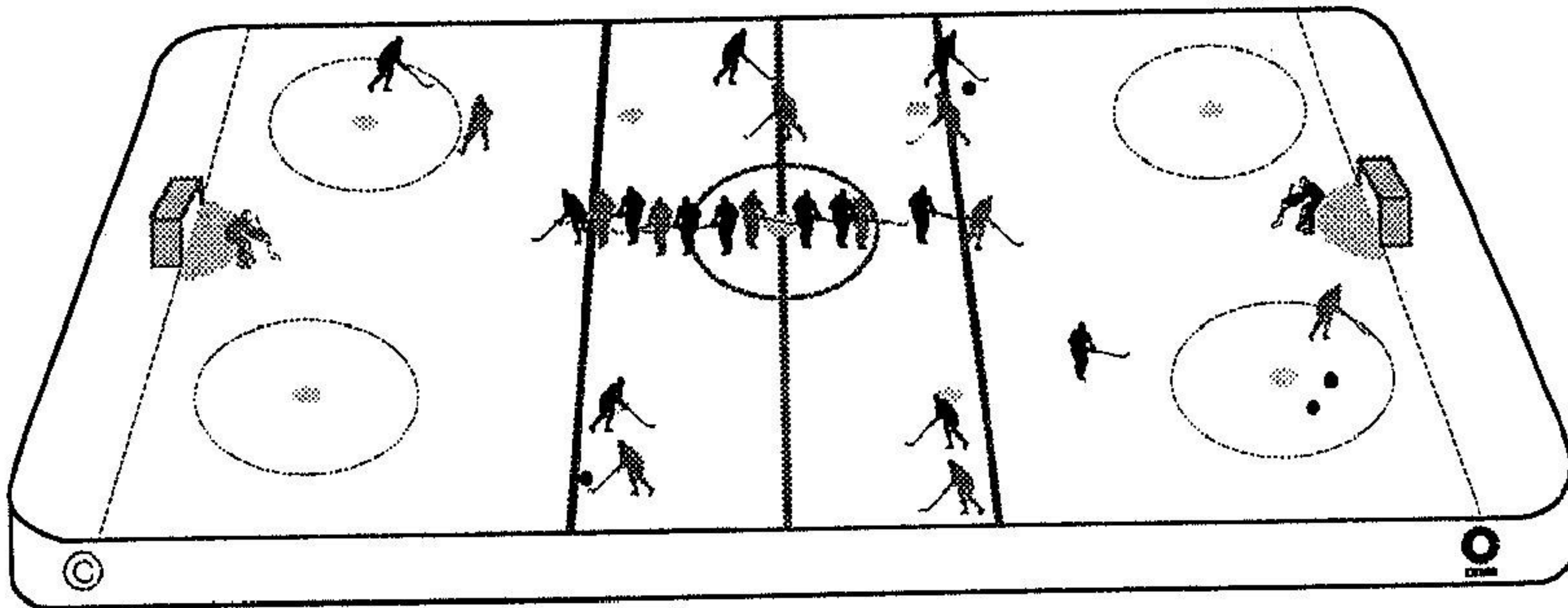
### Level 3 BASIC SITUATIONS

#### 3. C1, ONE ON ONE WITH STICK UP SIDE DOWN

"One on One" defenseman without stick or the stick held upside down. First player get a puck from the corner and attack the second player who skates backward like a defenseman. Stress that the defender skate at an angle towards his net and keeps the attacker in the outside lane.

C1-3003







CARD 76b

Level 3 BASIC SITUATIONS

3. C1, ONE ON ONE STRESSING A TIGHT GAP

One on one, "playing a tight gap" in the neutral zone, deny the mid ice lane and force the player wide. Close the gap by ~~the blue line~~ and play off the attackers back shoulder by not pivoting until the attacker is just by you, this prevents the attacker from cutting into the middle lane.

C1-3004

*even the angle of approach off back shoulder*

CARD 77

Level 3 BASIC SITUATIONS

3. C1, ONE ON ONE STRESSING KEEPING SHOULDERS SQUARE TO THE ATTACKER

Pucks are in the opposite corner at each end of the ice. The first player leaves and picks up a puck. The second player leaves a few seconds later and turns to backward skating at the top of the circle and plays as a defenseman. The defender should skate backward toward the far post forcing the play to the outside. Pivot to the outside and flare out by facing the attacker with your chest then approach with the angle at the back shoulder, and then steer the attacker towards the corner, staying on the defensive side, between him and the net. Stay with the attacker even if he delays. Finish with a body check and pin.

C1-3005

CARD 77b

Level 3 BASIC SITUATIONS

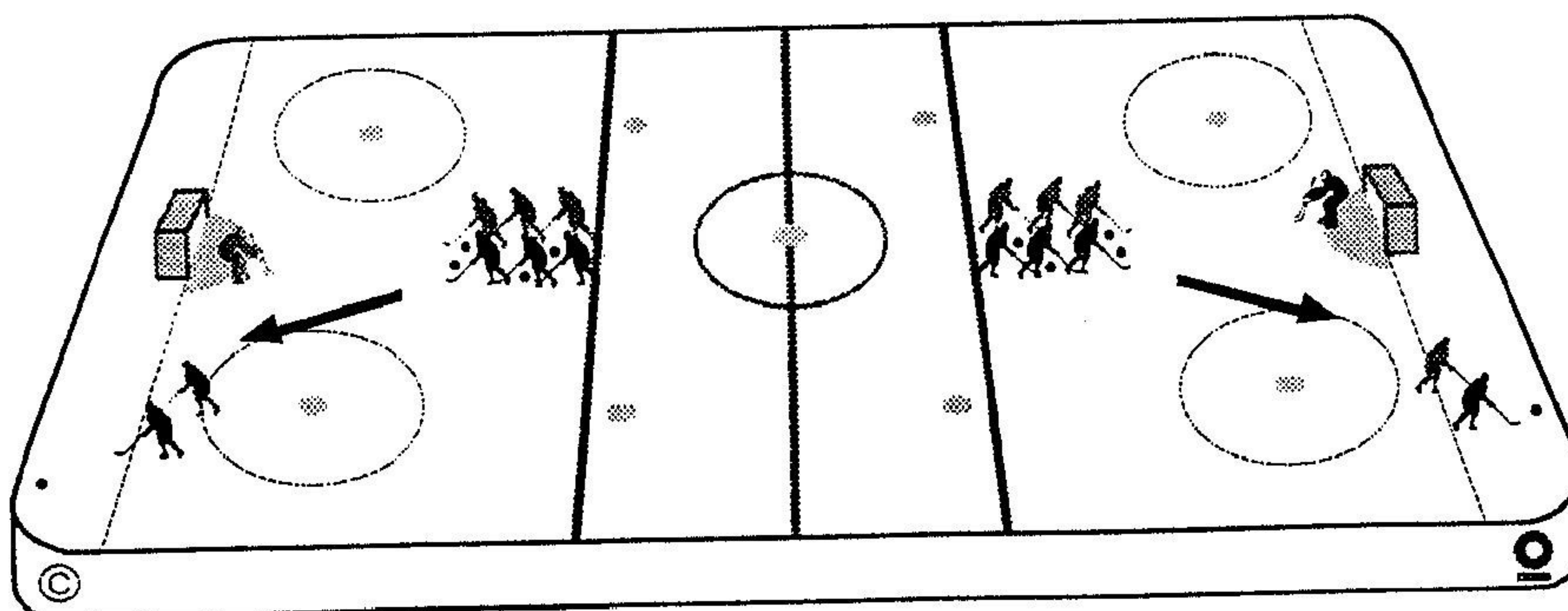
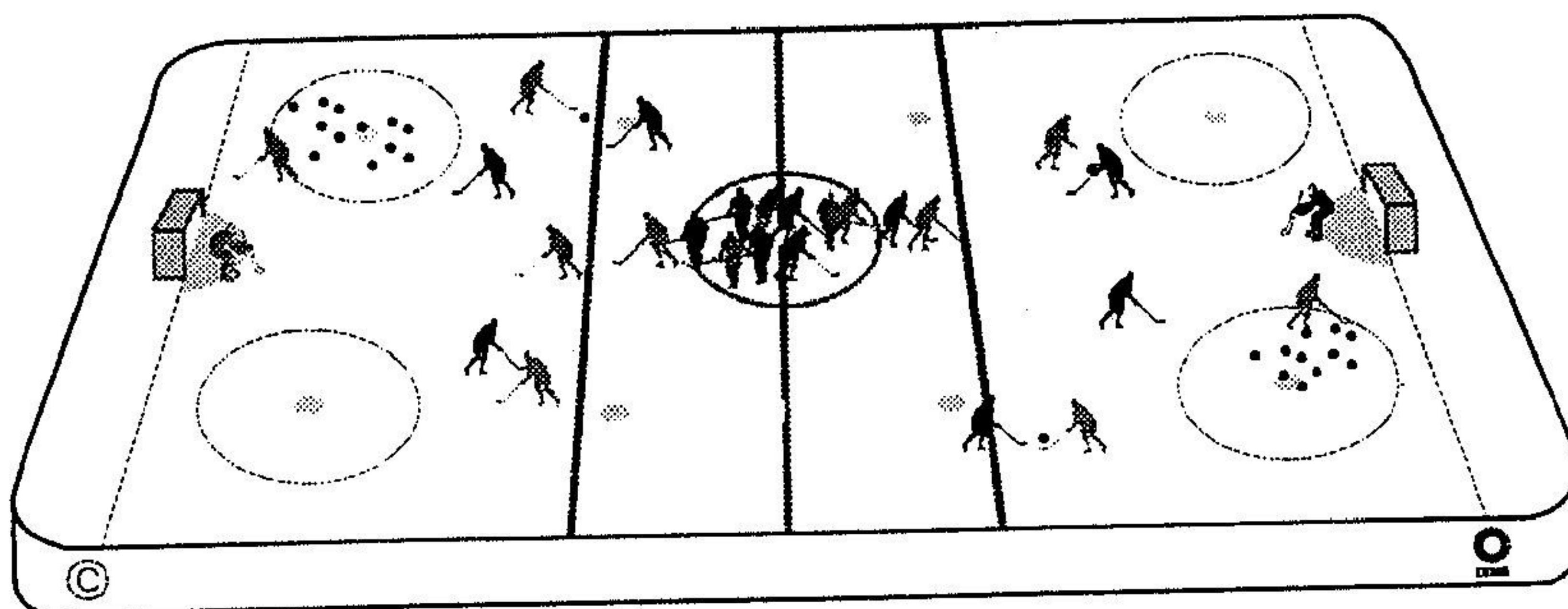
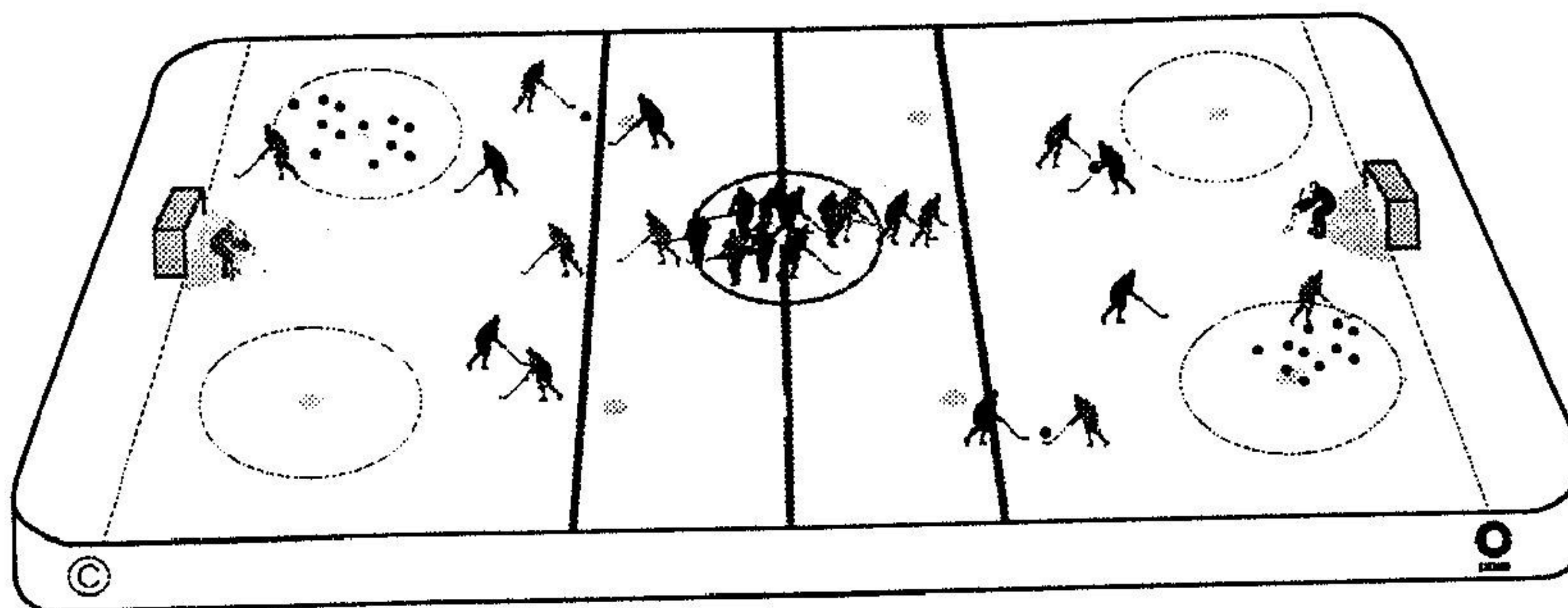
3. C1, ONE ON ONE DEEP IN THE DEFENSIVE ZONE

The pucks are in the middle circle. Two players leave from the C1 formation. The second player shoots the puck into the corner and they race after the puck. The first player is on offense and the second player defends. The defender has to make his decision whether to:

- \* Create immediate pressure on the puck carrier.
- \* Approach from the back and pin.
- \* Angle from the side (approach by angling off his back shoulder then making contact).
- \* or if he is facing the opponent then close the gap and pivot to backward skating and block the puck carriers way to the net..

C1-3006





CARD 78

Level 3 LEARNING THE GAME

3. C1, BREAKOUT ROUTINES

The pucks are in the middle face-off circle. One player dumps the puck either at the goalie or into the corner and the players skate into the zone and do the various breakout options.

C1-3007

CARD 78b

Level 3 LEARNING THE GAME

3. C1, BREAKOUT ROUTINE ONE, TWO ON ONE, 1 PASS TO 3

Player one (1) leaves skating backwards and player two dumps the puck into the corner. Player one turns and skates forward, looking back each way before he gets the puck. He drive skates and passes to his partner (3) who has assumed the role of the first forward on the breakout (3) and gets on the boards for a pass. He must always face the puck and time his skating so he is moving when the passer turns up ice. He cannot leave the zone before the puck.

C1-3008

CARD 79

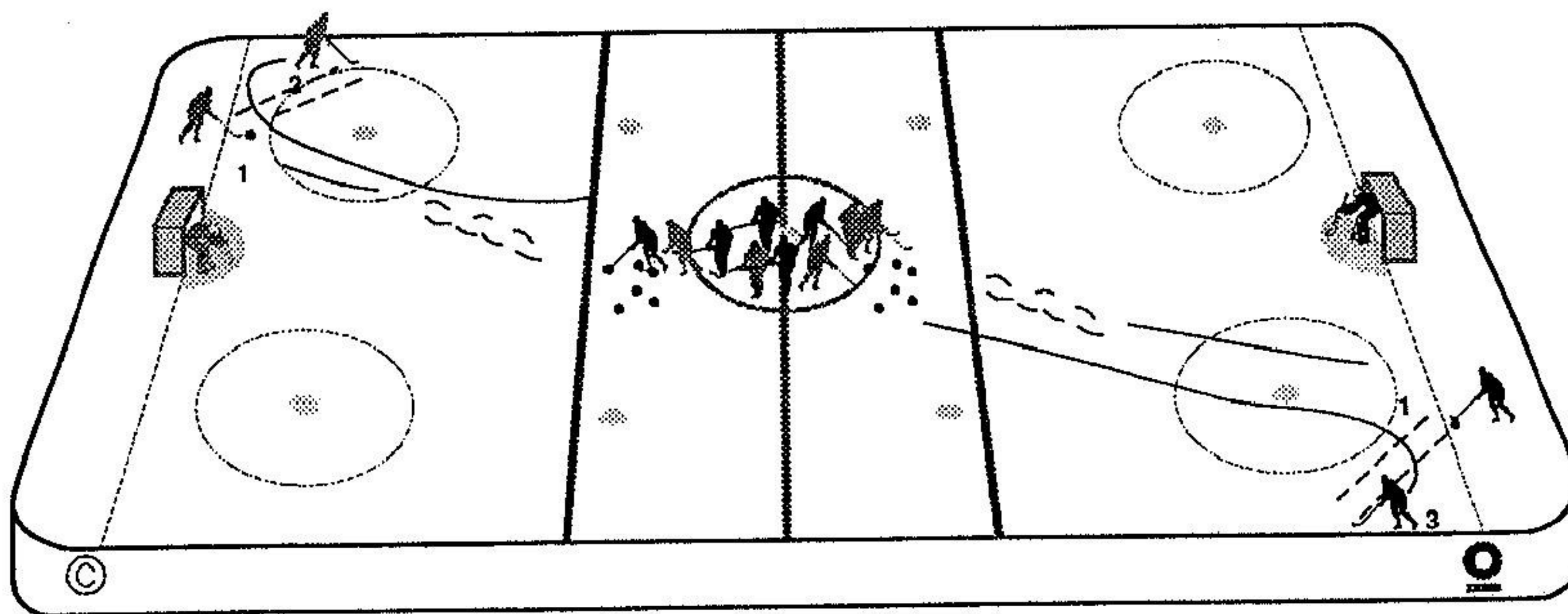
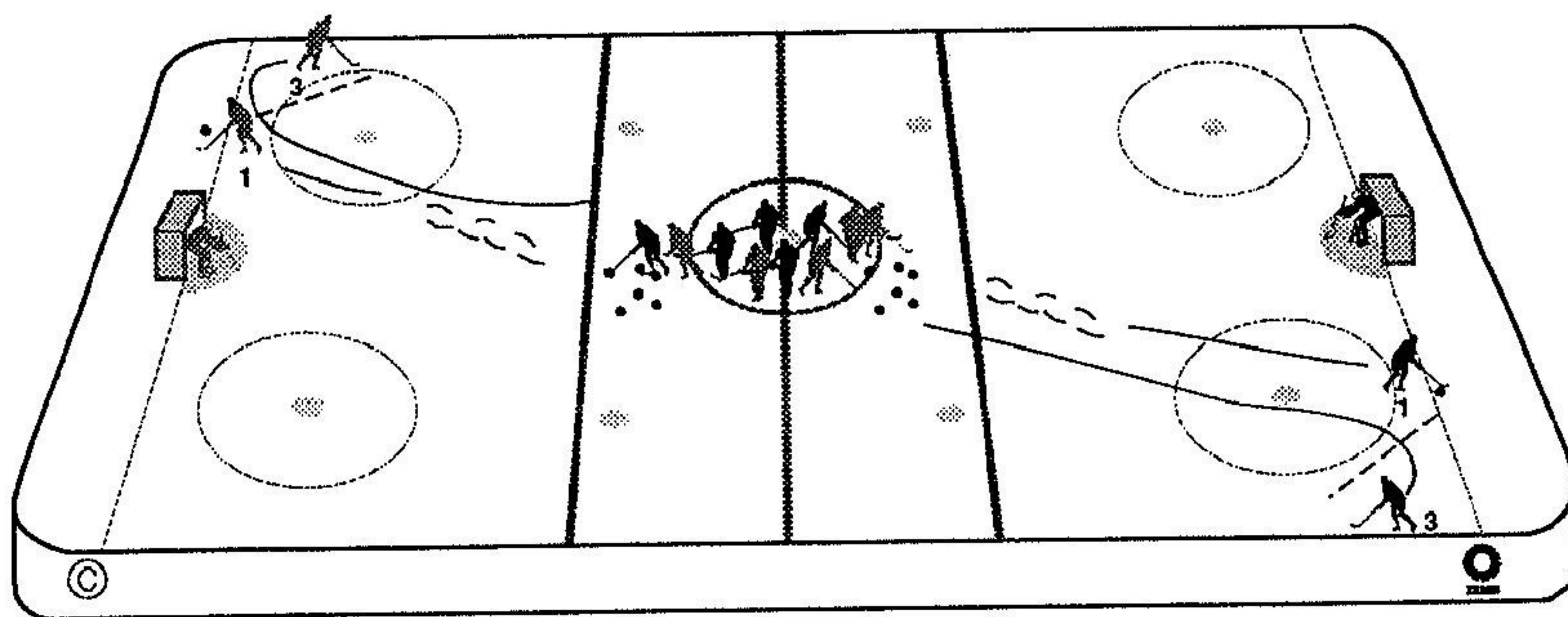
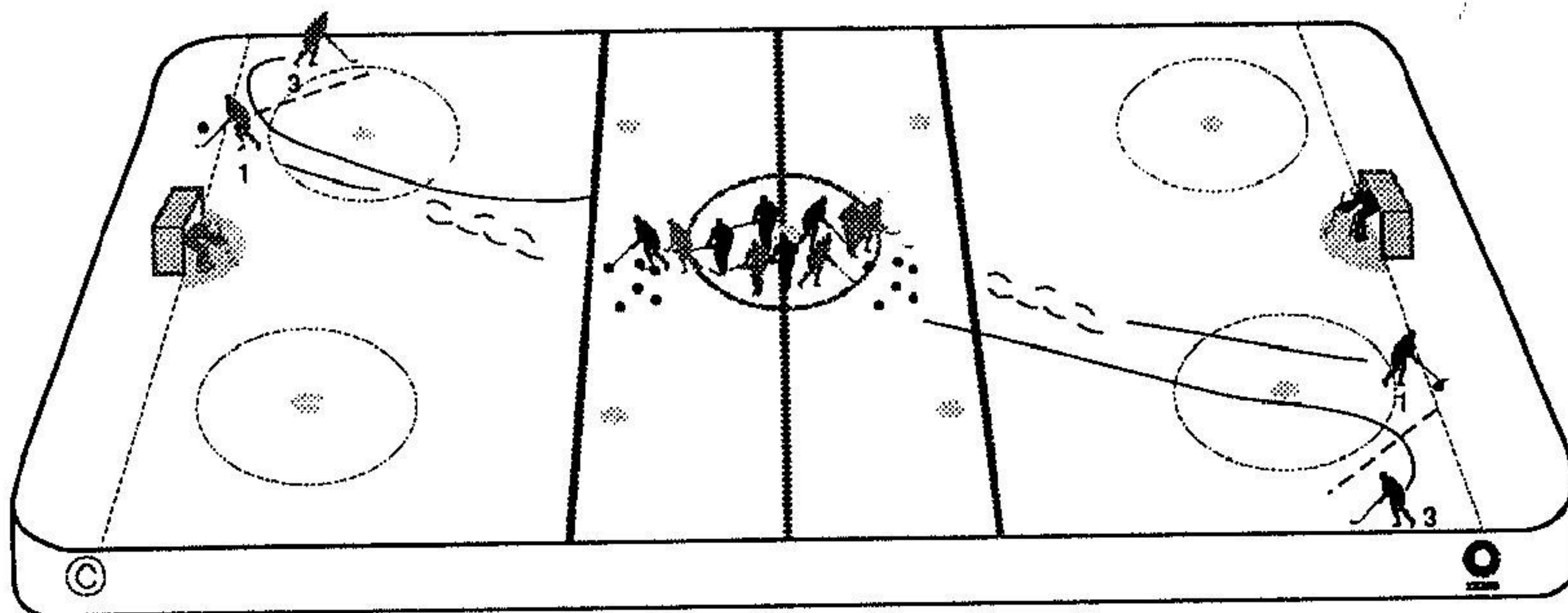
Level 3 LEARNING THE GAME

3. C1 BREAKOUT ROUTINE TWO, TWO ON ONE, 1 PASS TO 3 PASS TO 1

Player one (1) leaves skating backwards and player two dumps the puck into the corner. Player one turns and skates forward, looking back each way before he gets the puck. He drive skates and passes to his partner (3) who has assumed the role of the first forward on the breakout (3) and gets on the boards for a pass. He must always face the puck and time his skating so he is moving when the passer turns up ice. He cannot leave the zone before the puck. Number takes the pass and passes back to number one.

C1-3009





CARD 79b

Level 3 LEARNING THE GAME

3. C1, REGROUPING, ONE ON ONE

Two players leave. Player one skates and picks up the puck and skates to the red line and then turns back and skates to the original blue line. Player one now tries to score versus player two, who has mirrored player one from the defensive side and now defends his goal 1 on 1.

C1-3010

CARD 80

Level 3 LEARNING THE GAME

3. C1, 2-0, #1 AND #2 REGROUPING

Two players leave. Player one skates and picks up the puck and skates to the red line and then turns back and passes to the second player who follows the play from about one half zone behind. Player one now gets open for a return pass and they attack 2-0 versus the far goalie.

C1-3011

CARD 80b

Level 3 LEARNING THE GAME

3. C1, 2-0, SCORING

By limiting or increasing the amount of passes between two players the coach can emphasize different aspects of co-operation of two players. The basic rule is: the less passes, the more individual action, the more passes, the more co-operation.

C1-3012

CARD 81

Level 3 LEARNING THE GAME

3. C1, 2-0, SKATE, ONE PASS AND SHOOT

Two players leave from the C1 basic formation at the same time, one player picks up the puck. They have a maximum one pass before shooting.

C1-3013

CARD 81b

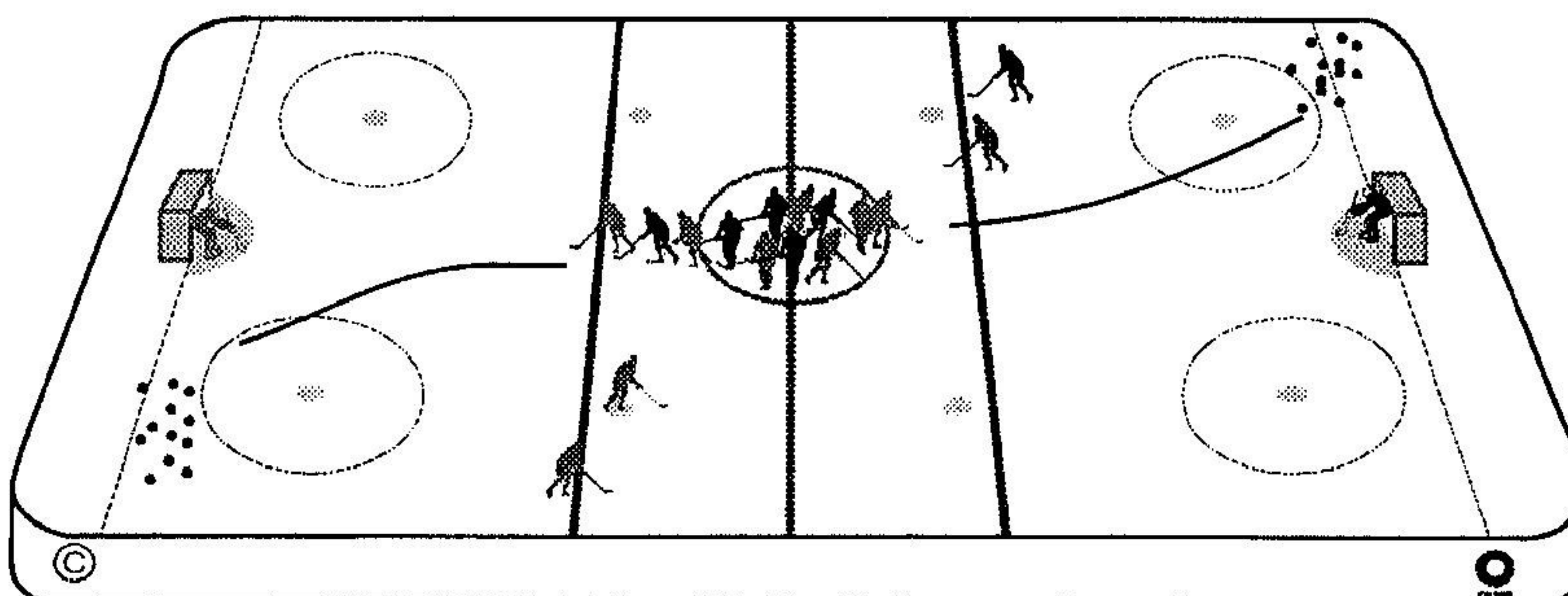
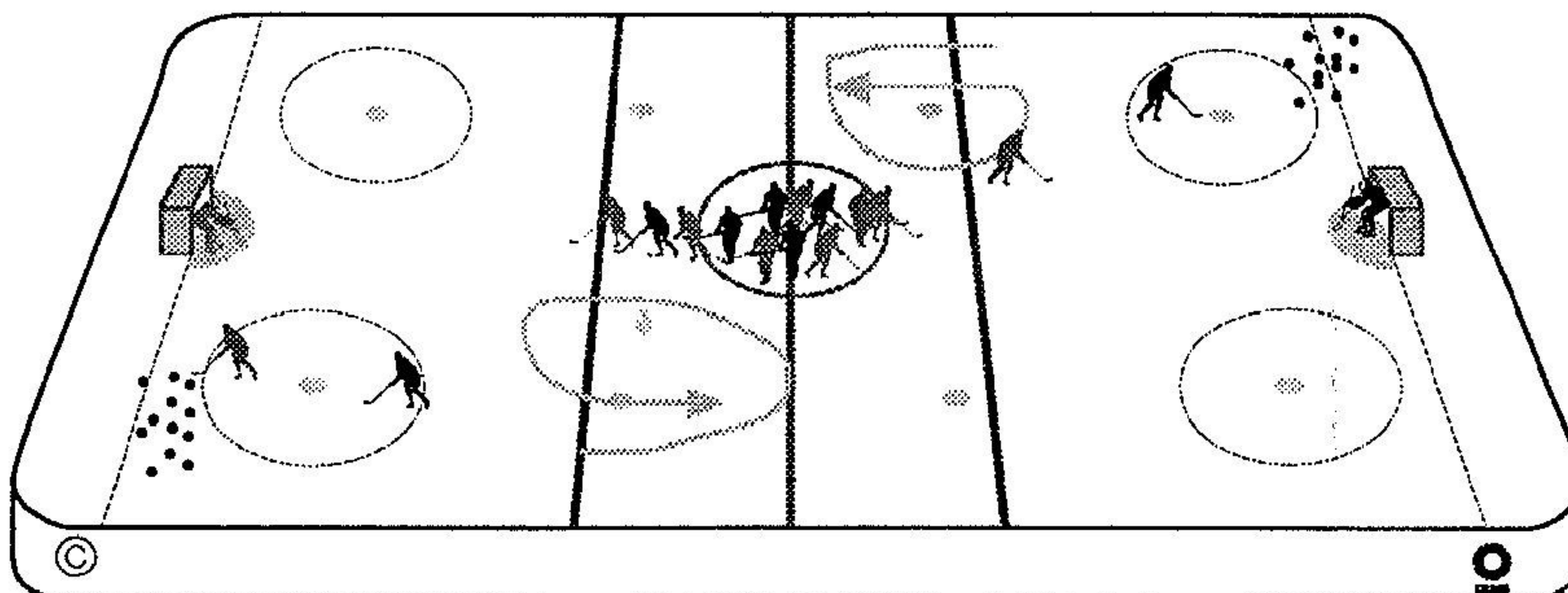
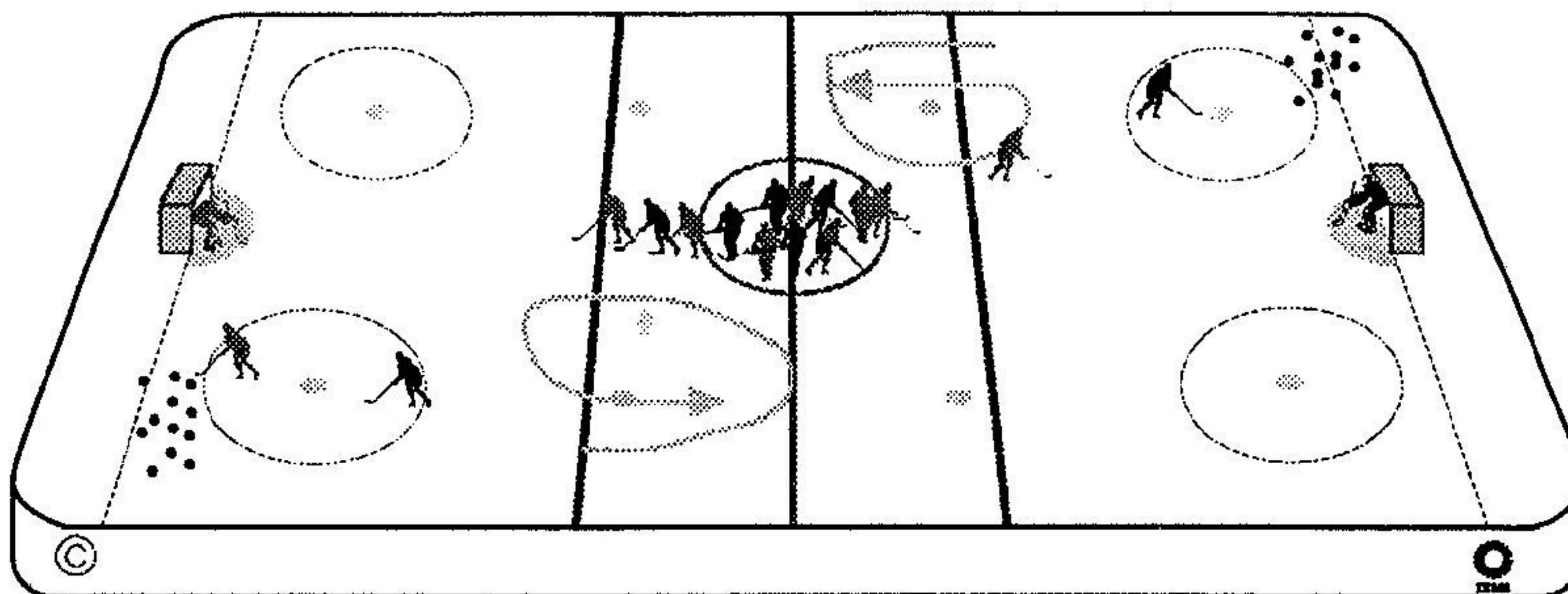
Level 3 LEARNING THE GAME

3. C1, 2-0, SKATE, TWO PASSES AND SHOOT

Two players leave from the C1 basic formation at the same time, one player picks up the puck. They have maximum two passes before shooting.

C1-3014





**CARD 82**

**Level 3 LEARNING THE GAME**

**3. C1, 2-0, SKATE, ONE PASS IN EACH ZONE AND SHOOT**

Two players leave from the C1 basic formation at the same time, one picks up the puck. They have to make one pass in each zone before shooting.  
C1-3015

**CARD 82b**

**Level 3 LEARNING THE GAME**

**3. C1, 2-0 SKATE, PASS, TWO PASSES AND SHOOT IN**

Two players leave from the C1 basic formation at the same time, one picks up the puck . They have to pass two times and then shoot the puck in . Once they get the puck only one pass may be made before shooting.  
C1 -3016

**CARD 83**

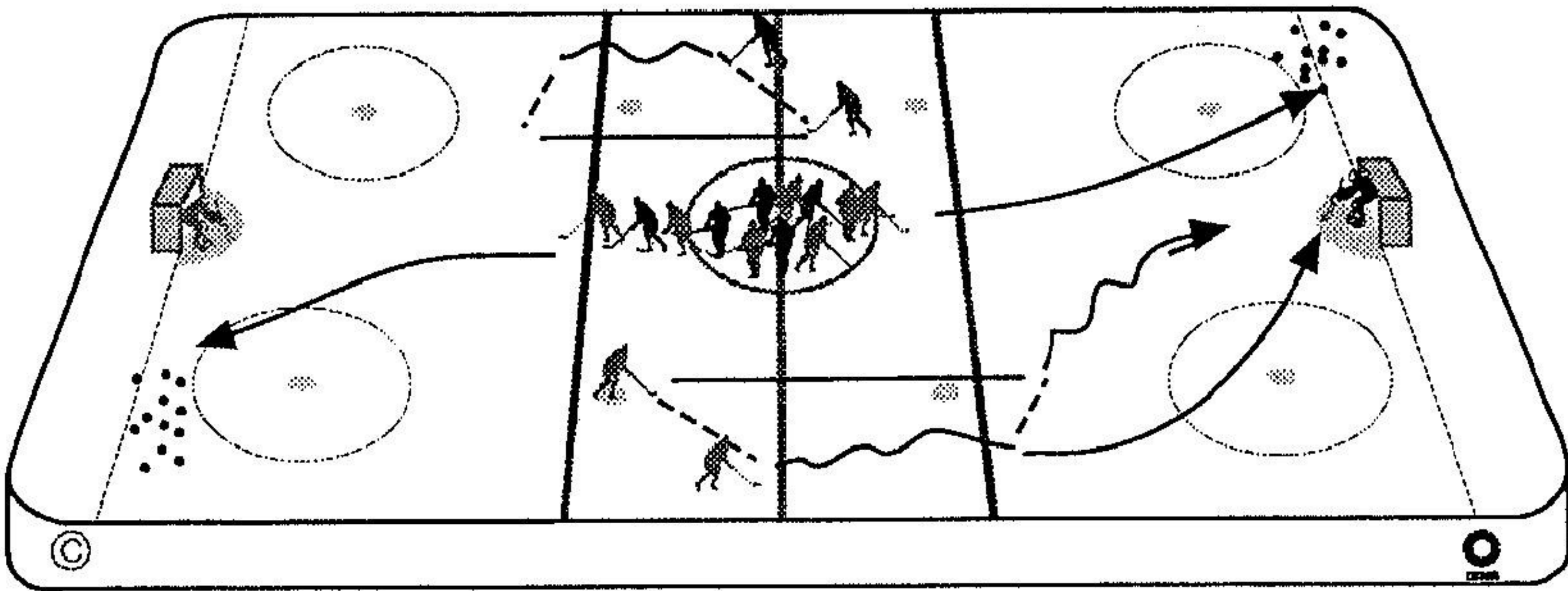
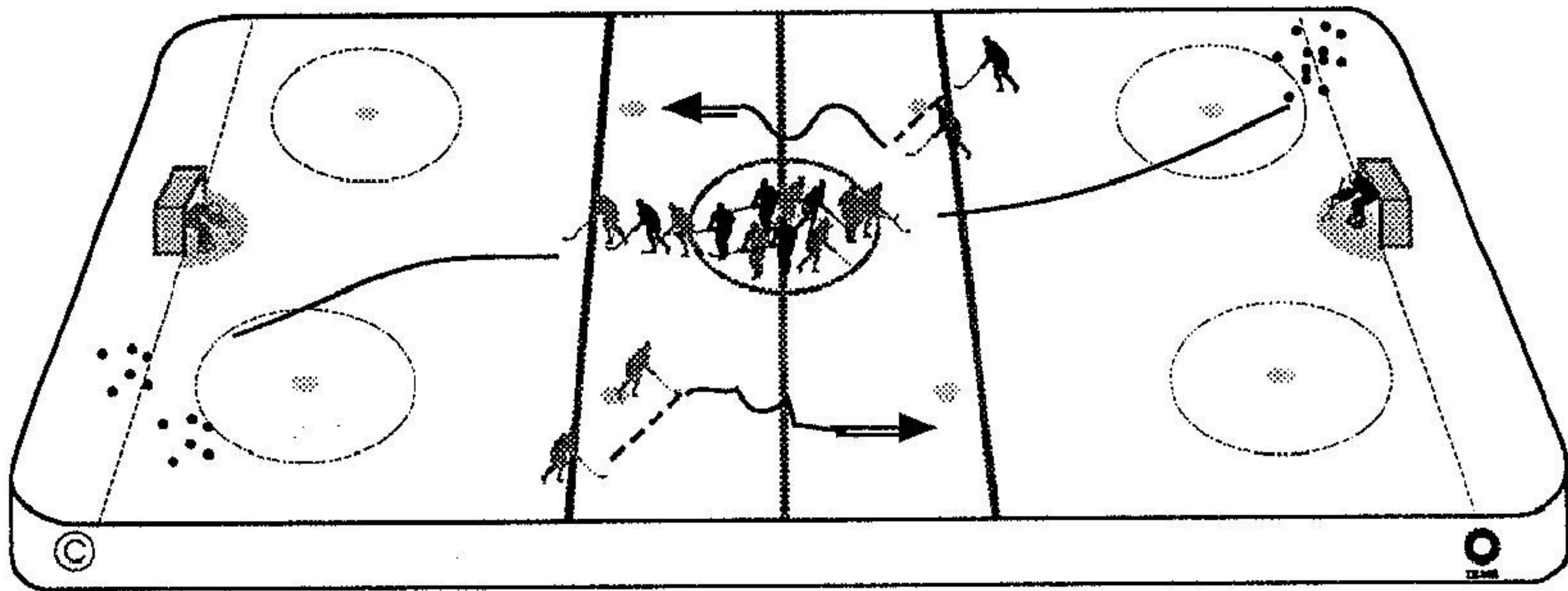
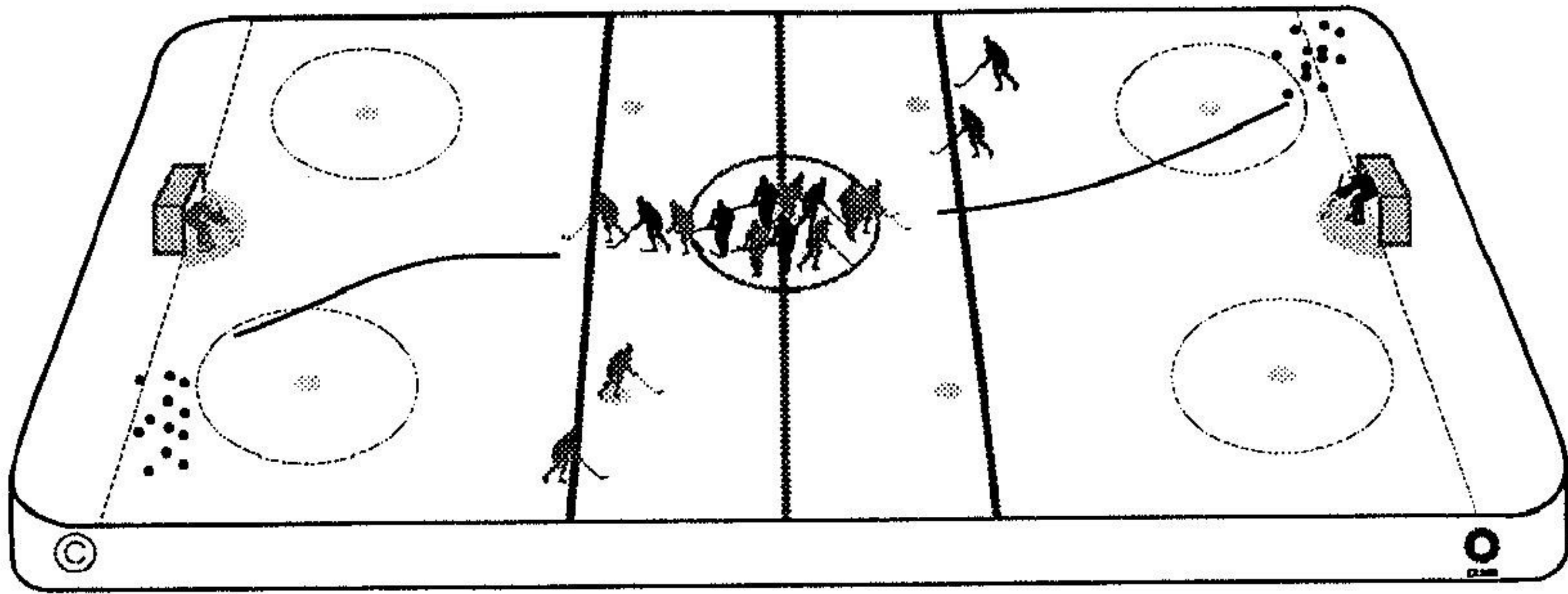
**Level 3 LEARNING THE GAME**

**3. C1, 2-0, - GIVE AND GO**

In the basic C1 formation two skaters leave at the same time. The first player picks up a puck and they skate down the ice while making give and go passes, they shoot and rebound.

C1 -3017





**CARD 83b**

**Level 3 LEARNING THE GAME**

**3. C1, 2-0, WING AND CENTRE SWITCH**

In the basic C1 formation two skaters leave at the same time. The first player picks up a puck and they skate down the ice, the players switch positions, crossing and filling each others lanes. The puck carrier should skate to the middle with the puck and then pass to the outside lane. This middle position allows the puck carrier more passing options.

C1-3018

**CARD 84**

**Level 3 LEARNING THE GAME**

**3. C1, 2-0, PASSING TO THE STRETCH MAN**

From the basic C1 formation place the pucks just inside the blue line. The first player skates for a puck and turns up ice and crosses the blue line then quickly passes to the second player who has become the stretch man up at the offensive blue line.

C1-3019

**CARD 84b**

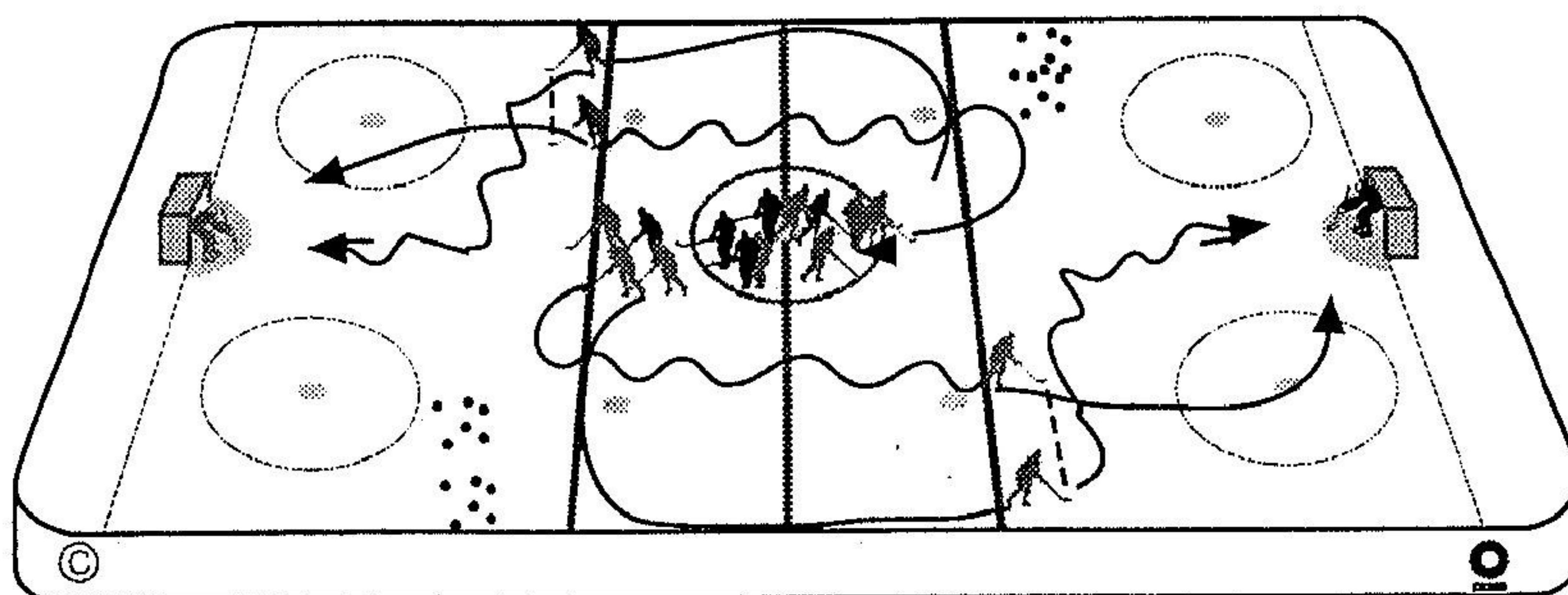
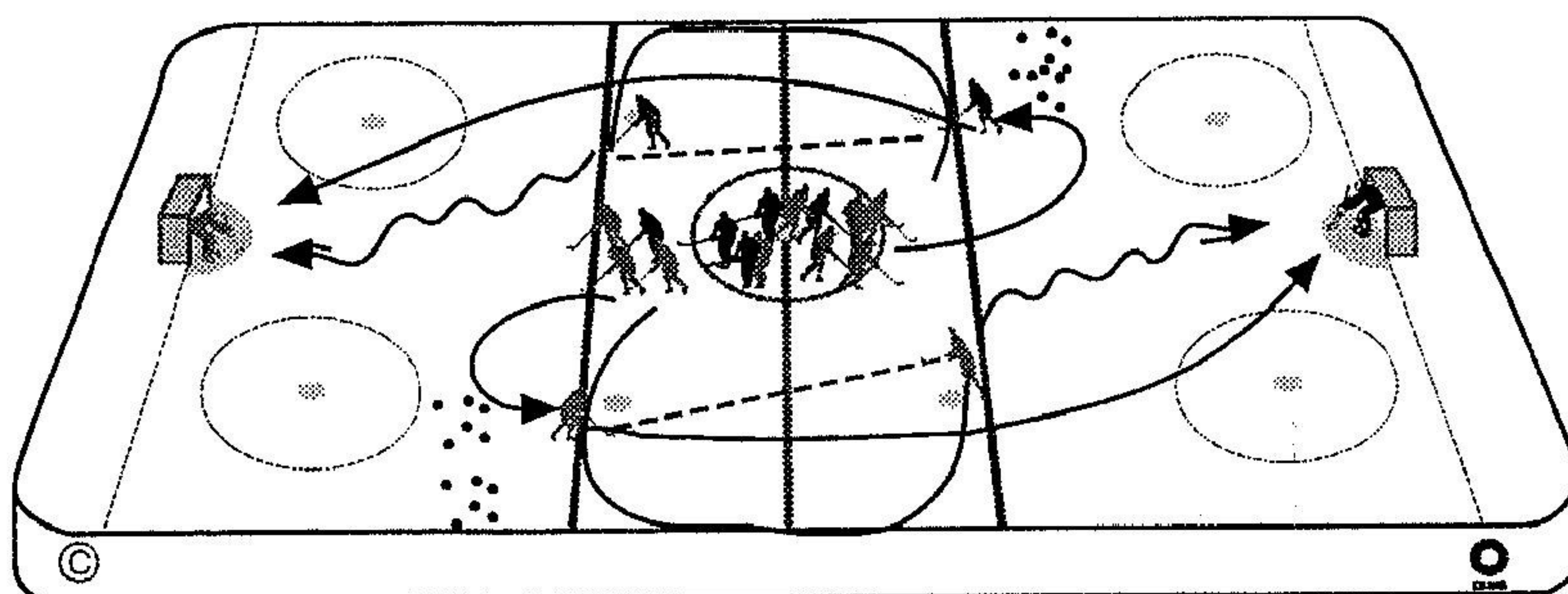
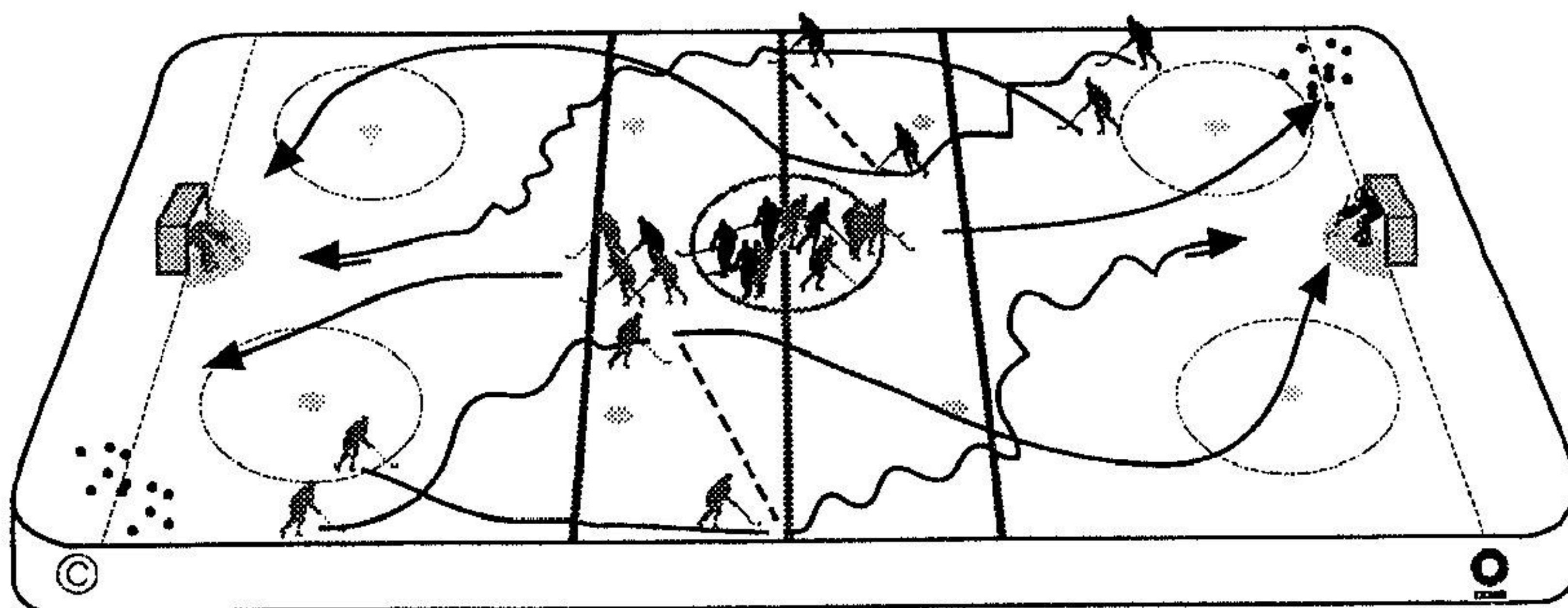
**Level 3 LEARNING THE GAME**

**3. C1, 2-0, LATERAL FEED**

The first player carries the puck up the ice and gains the blue line in the middle lane where he passes back to the stretch man who drives to the net for a shot.

C1-3020







CARD 85

Level 3 LEARNING THE GAME

3. C1, 2-0, DELAYING ALONG THE BOARDS

From the C1 formation, the first player picks up a puck at the top of the face off circle and skates down the boards gaining the blue line and pivoting to the outside when he is about halfway into the defensive zone. The number two player skates down the middle lane and supports the Puck carrier by getting open for a pass. After the delay pivot the pass is made and a direct shot is taken by the second player.

C1-3021

CARD 85b

Level 3 BASIC SITUATIONS

3. C1, 2-1, TWO OFFENSIVE PLAYERS VERSUS CHECKERS

Three players leave from the C2 formation. Number one shoots and rebounds and then picks up anew puck and carries it down the ice with number two versus number three.

2-1 OFFENSIVELY

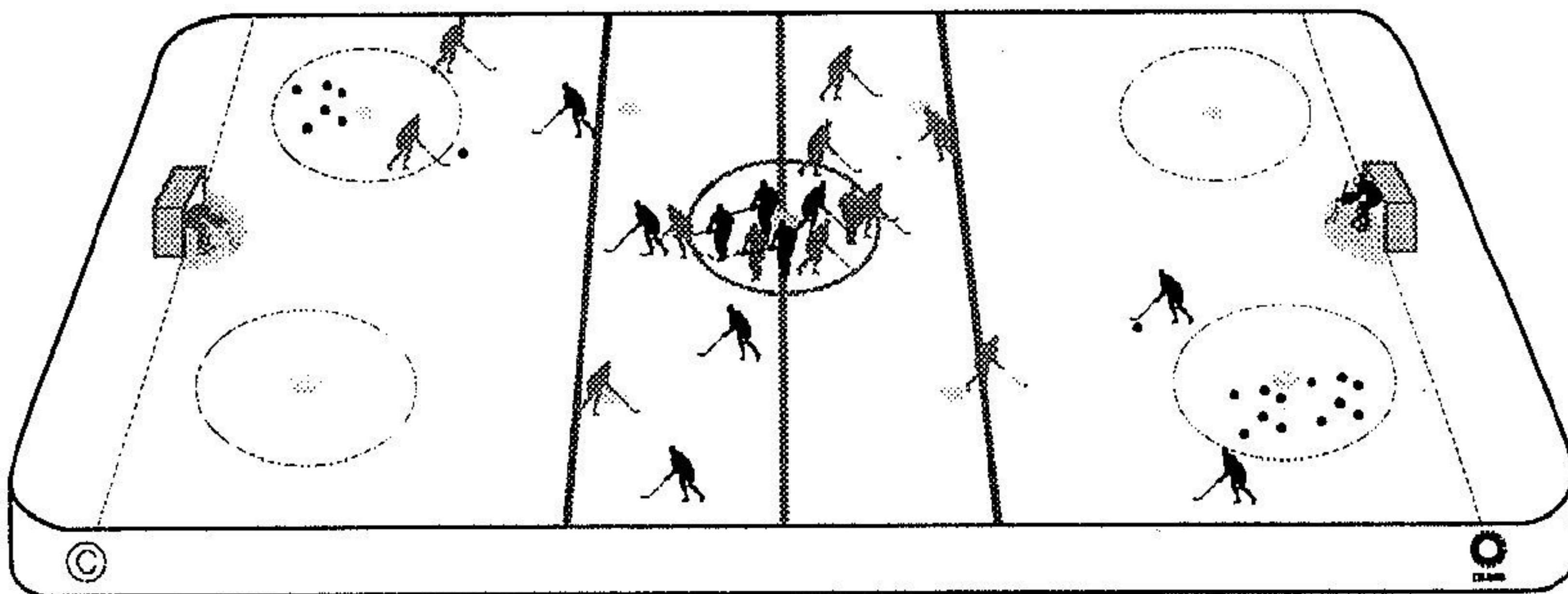
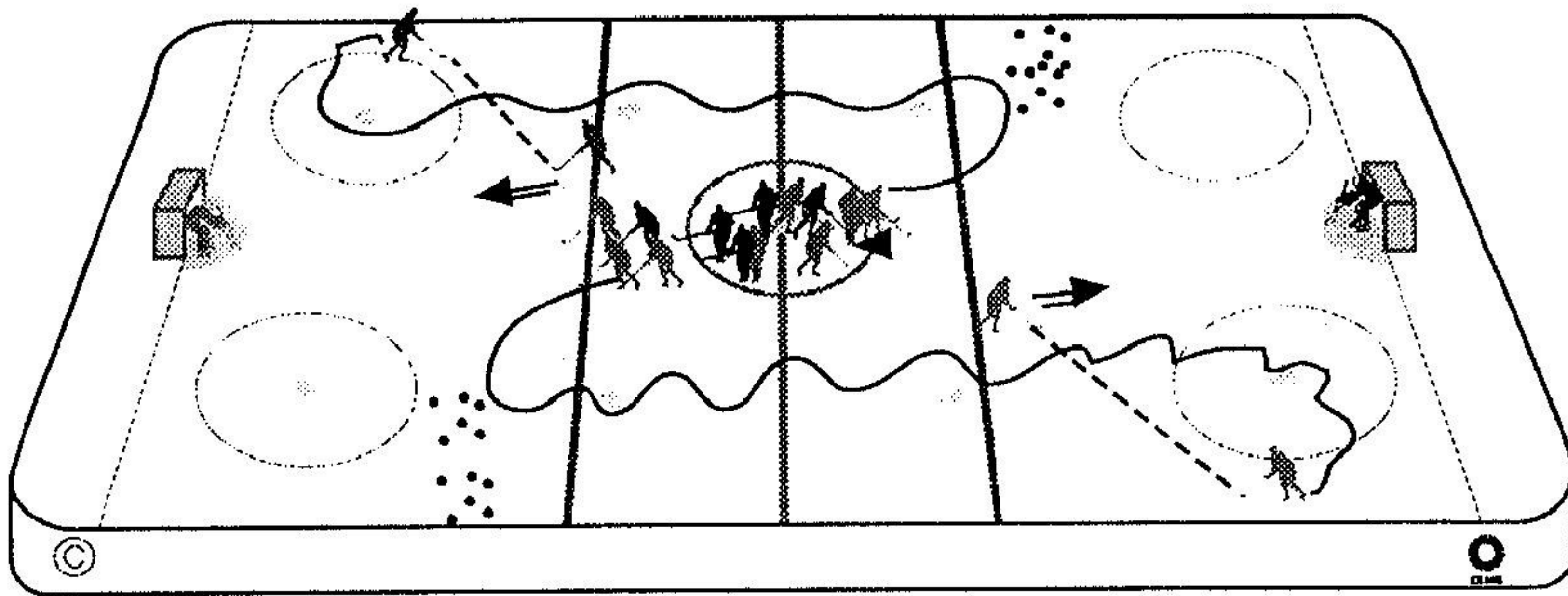
- \* Use forehand passes whenever possible.
- \* One high one low one fast one slow.
- \* Puck carrier must be a threat so defender cannot overplay pass.
- \* Make first pass by top of slot, this makes second play possible
- \* Attack as quickly as possible to eliminate back checkers

2-1 DEFENSIVELY

- \* Stay in middle of attackers, delay play as much as possible, goalie
- \* Take shooter defender deny pass.
- \* Don't allow puck carrier to break in post to post.
- \* On trailer in middle lane line up with trailer and rush shooter when
- \* Trailer pass is made, with stick in passing lane. The puck carrier must read the 2-1 situation and decide if he can drive to the net for a shot or if he should pass to his team-mate who supports him by getting in the clear for a pass or driving for a rebound.

C1-3022





## CARD 86

### Levels 3-4 BASIC SITUATIONS

#### 3.-4. C2, ONE ON ONE FULL ICE SITUATION

Two players leave from the C2 formation. Number one shoots and rebounds and then picks up a new puck and carries it down the ice versus number two.

##### 1-1 OFFENSIVELY

- \* Attack to the side of defender, go wide if he is slow, cut in if he turns to early.
- \* Protect puck and use big moves with head and shoulder fakes and change of pace.
- \* Cut in hard and build a wall when you gain a step.

## CARD 86b

### CONTINUES...

#### 1-1 DEFENSIVELY

- \* Cut ice in half
- \* Play off inside shoulder
- \* If you fear the speed give room on the outside rather than back in.
- \* Get stick between legs and high in crotch if player cuts in and take body.
- \* Turn when parallel to attackers back shoulder then flare and angle
- \* Always play body, eyes up watching chest or eyes.

C2-3001

*down outside*  
*block*  
*if down middle*  
*tight gap*  
*side*

## CARD 87

### Levels 3-4 BASIC SITUATIONS

#### 3.-4. C2, FULL ICE SITUATION THREE ON ONE

Four players leave from the C2 formation. Number one shoots and rebounds and then picks up a new puck and carries it down the ice versus with numbers two and three versus number one.

##### 3-1 OFFENSIVELY

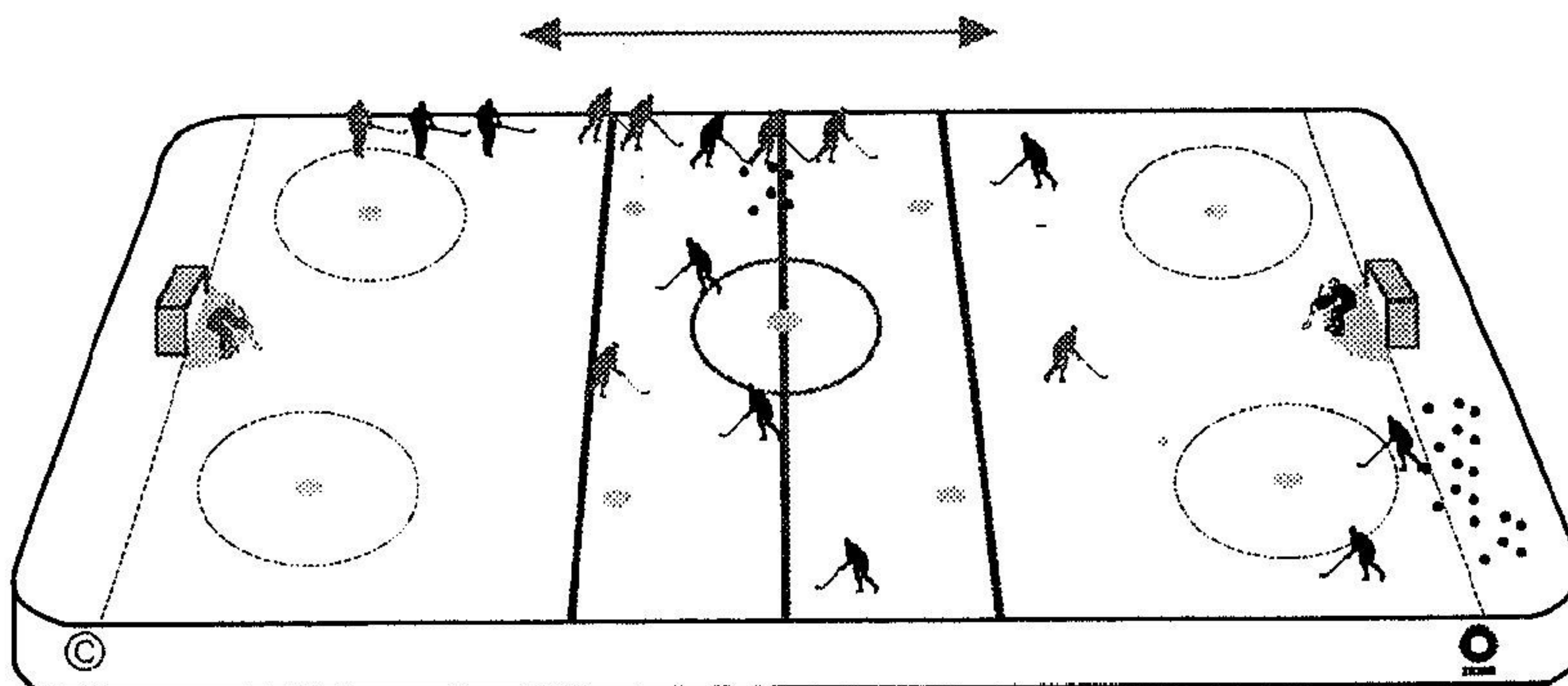
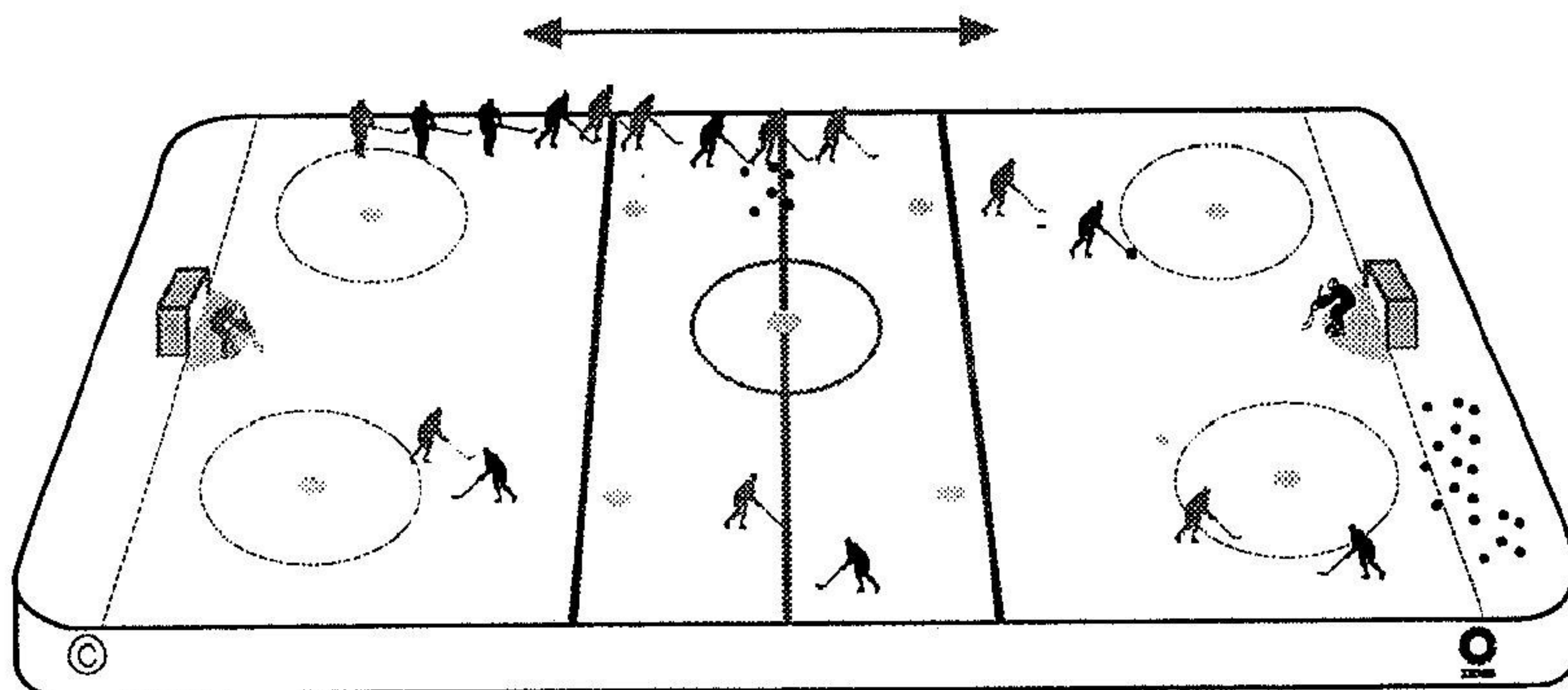
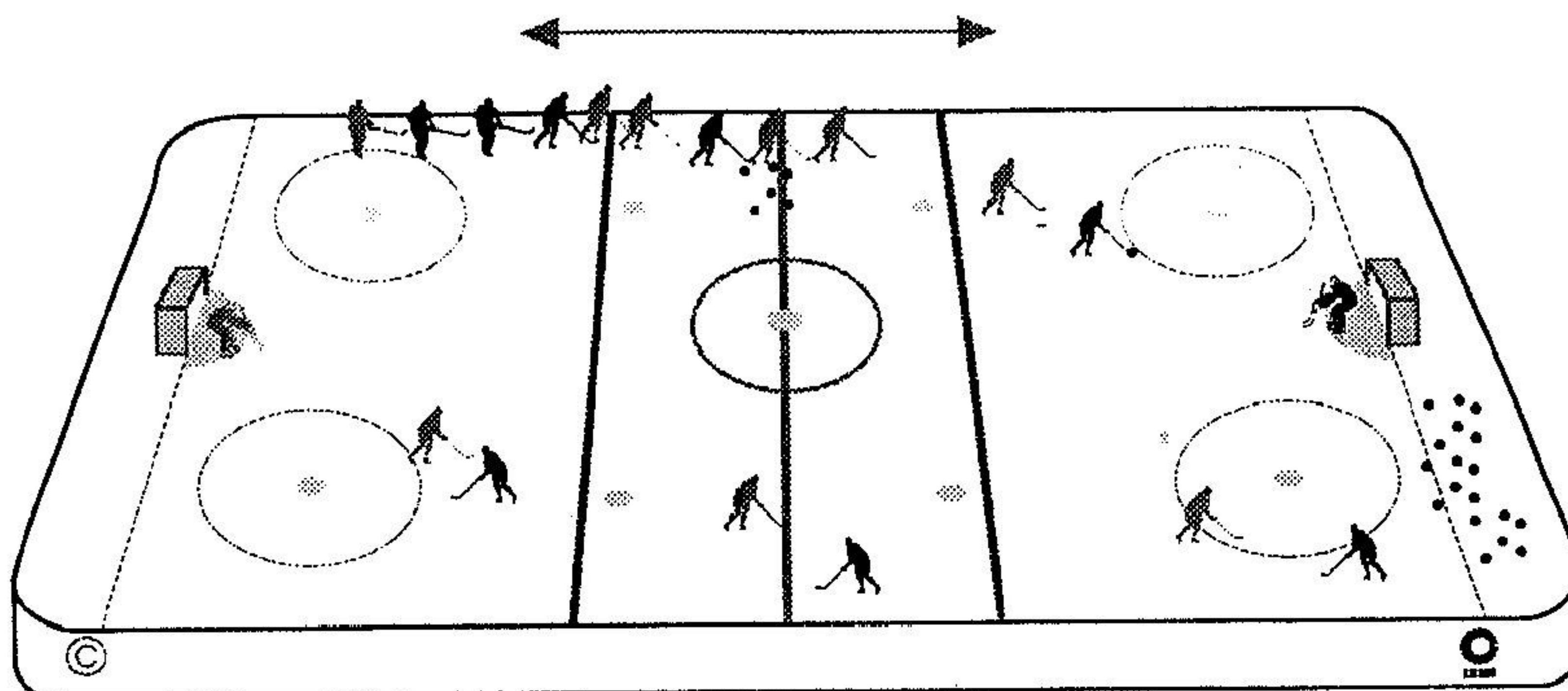
- \* Make rush as quickly as possible with first pass made before top of slot.
- \* Use crosses and picks with third man going to post.
- \* Puck carrier must be a threat.

##### 3-1 DEFENSIVELY

- \* Stay in middle and delay play, keeping skates in lateral passing lane and maintain this positioning when puck is high
- \* Attack shooter on trailer pass when puck is in mid to low slot with stick in lane of most dangerous pass.
- \* Take stick of attacker at post after a wide shot.

C2-3002





87b Levels 3-4 BASIC SITUATIONS

3-4. C2, FULL ICE SITUATION THREE ON TWO

Five players leave from the C2 formation. Number one shoots and rebounds and then picks up a new puck and carries it down the ice with numbers two and three versus numbers four and five

3-2 OFFENSIVELY

- \* Attack as quickly as possible and make the first pass early.
- \* Isolate one defender and attack 2-1 versus him, use picks and screens.

3-2 DEFENSIVELY

- \* Delay attack and try to stand up at blue line.
- \* Weak side defender take man to post and strong side play 2-1 attacking trailer pass to middle.

C2-3003

CARD 88

Levels 3-4 BASIC SITUATIONS

3.-4. C2, ONE ON TWO

Three players leave from the C2 formation. Number one shoots and rebounds and then picks up a new puck and carries it down the ice versus numbers two and three.

1-2 OFFENSIVELY

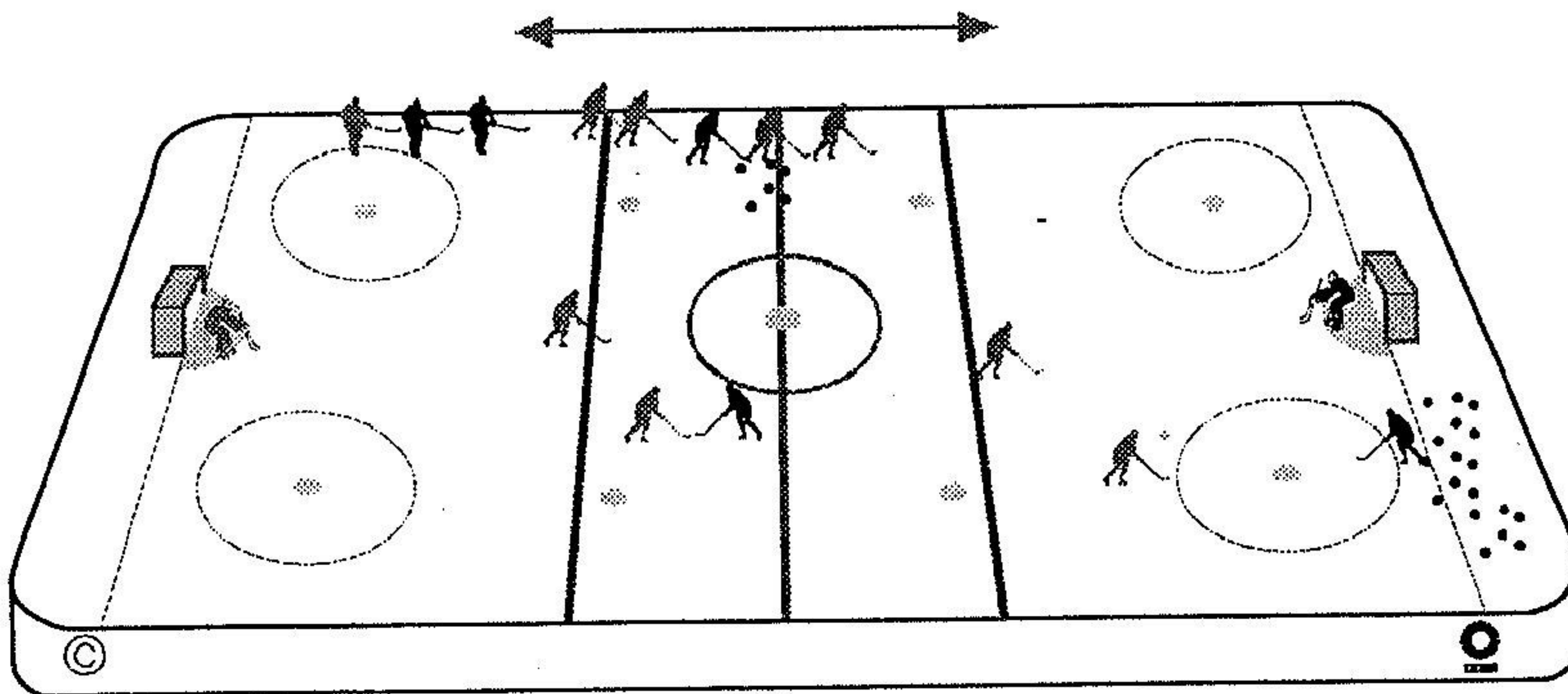
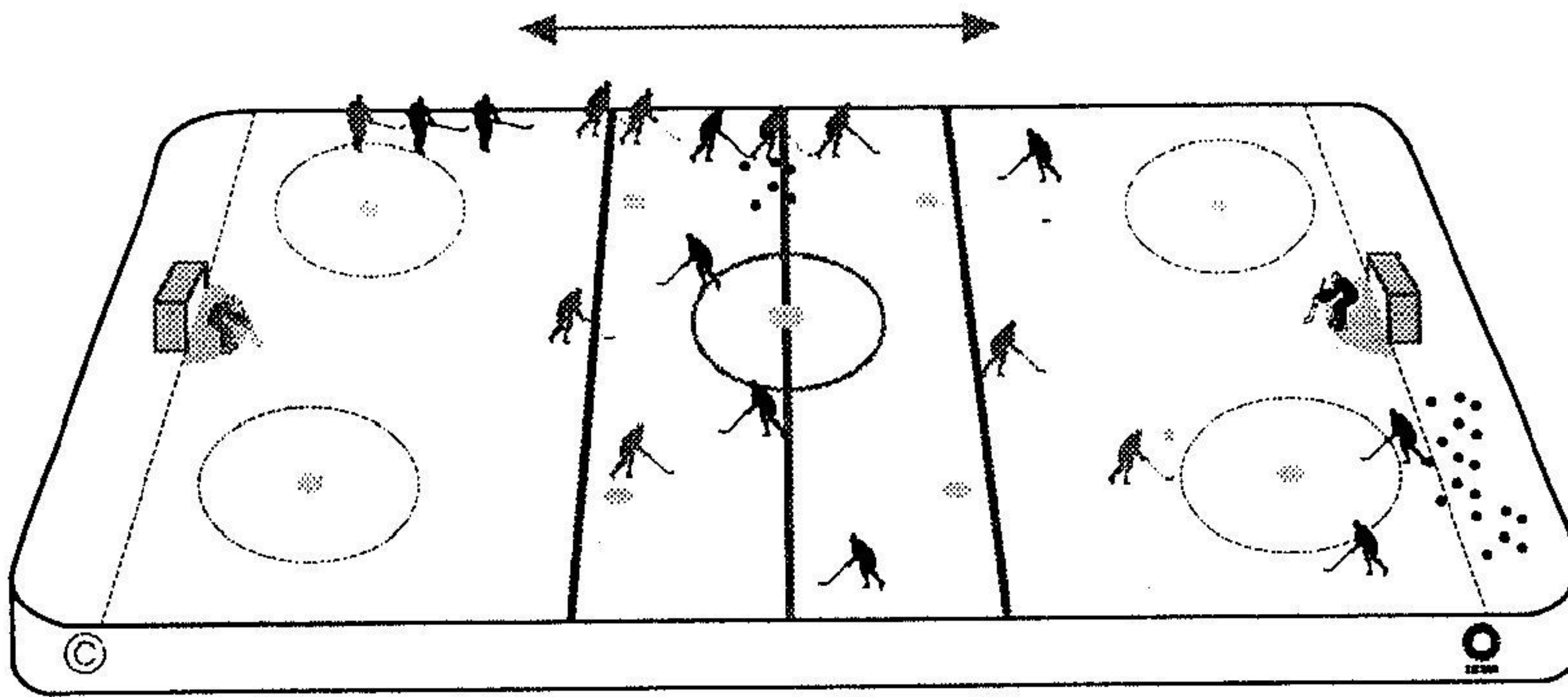
- \* If defense are parallel try to go between.
- \* Look to see if help is coming and take defenders wide and delay pass.
- \* Dump in and fore check if defenders have a good angle.

1-2 DEFENSIVELY

- \* Strong side player play as a one on one.
- \* Weak side player stagger behind and look to see who is coming up ice, if it is your player you can go across and play the body on puck carrier, if it is an offensive player then it is a slow developing 2-2 and you must stagger and support your partner.

C2-3004





CARD 88b

Levels 3-4 BASIC SITUATIONS

3-4. C2, TWO ON TWO

Four players leave from the C2 formation. Number one shoots and rebounds and then picks up a new puck and carries it down the ice with number two versus numbers three and four.

2-2 OFFENSIVELY

\* Isolate the widest defender and attack him 2-1, cross, pick, middle drive, forcing the defenders to make decisions. Even two quick parallel passes can create openings.

2-2 DEFENSIVELY

\* Establish a close gap and get a good angle on the puck carrier as soon as possible. If you have a good angle stay with your man.

\* If defense have no gap control then switch before blue line on crosses but try to stay with your man from the top of the slot in.

C2-3005

CARD 89

Level 3 LEARNING THE GAME

3. C1, BREAKOUT ROUTINE ONE

First one, then two then three players leave after they shoot a puck into the corner. Start as in a break out and make the following number of passes. Finish with a shot on net.

\* 1-0, skate a figure eight between the blue lines.

\* 2-0 maximum of one pass before shooting.

\* 3-0, maximum of two passes before shooting.

\* Move the pucks to the other corner go in reverse order of 3-2-1, doing the same amount of passes.

C1-3023

CARD 89b

Level 3 LEARNING THE GAME

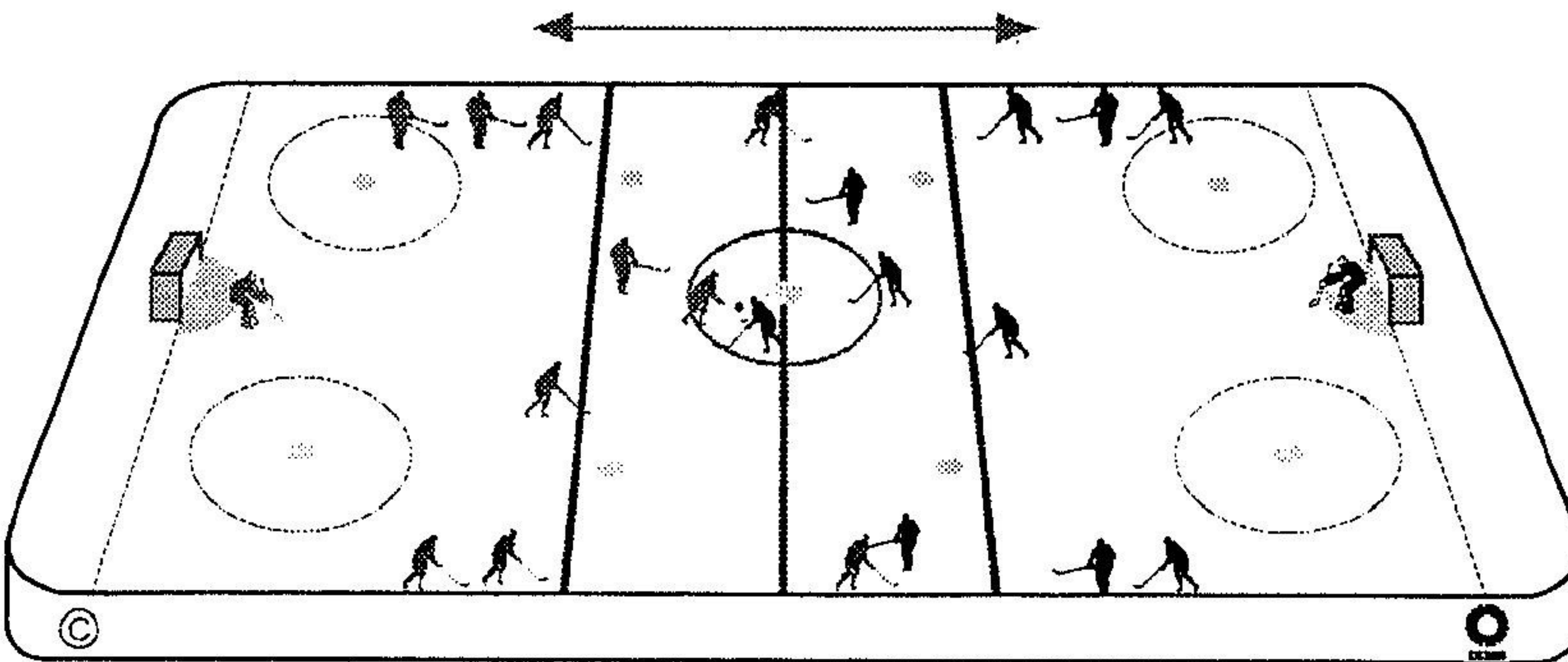
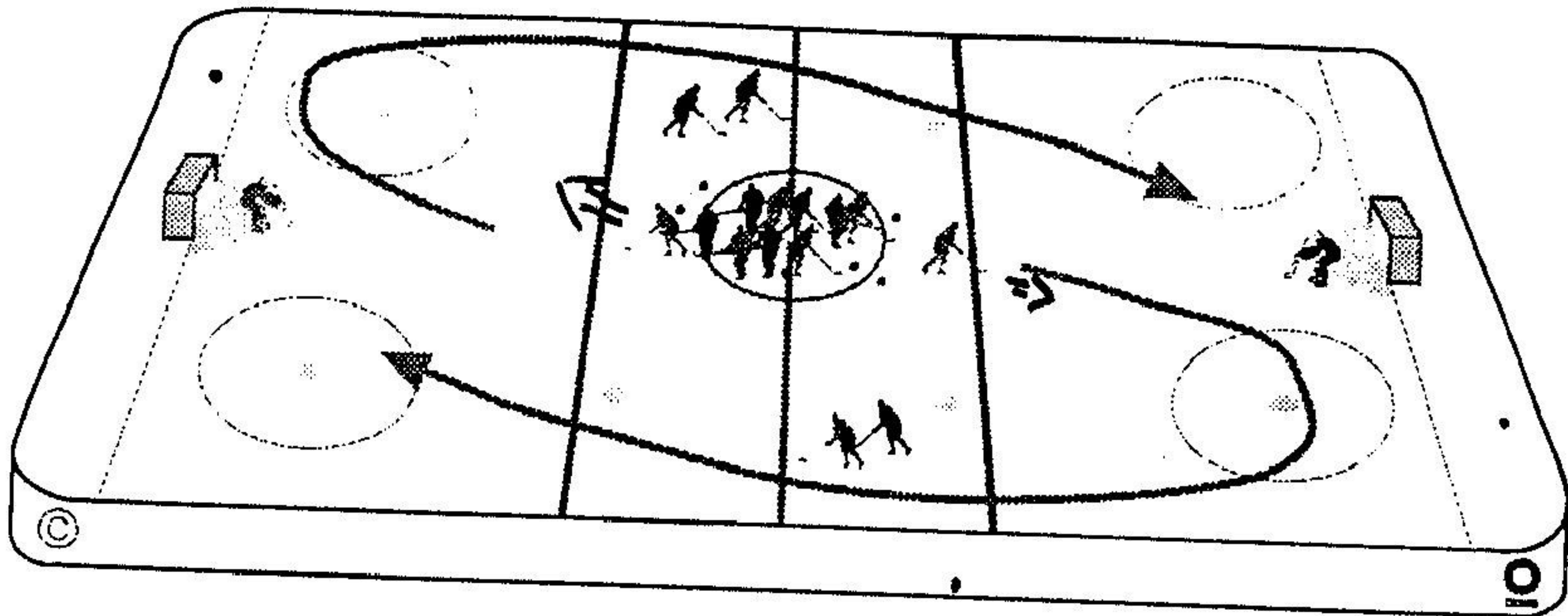
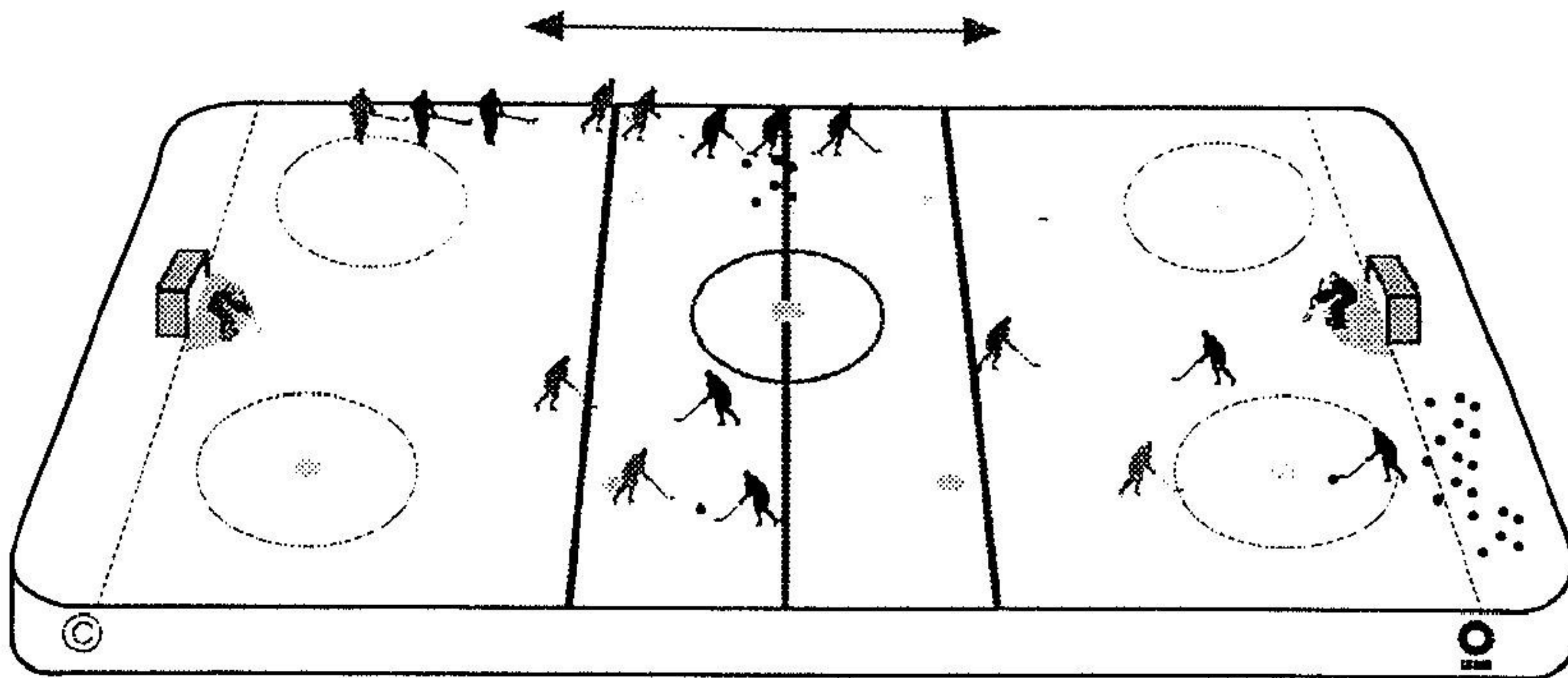
3. D, Orientation,

LEARNING AND TEACHING THE GAME

The main principle of learning is to move from simple to complex. This principle also applies when learning to play hockey. The best place to develop hockey skills is on the ice. The countries that have natural ice have a great advantage in learning to skate. In-line (roller) hockey, street and floor hockey and all ball games, especially goal orientated games help the player not only to learn the game, but also how to use the techniques in the right time the right place. The reality in most places is that the young players seldom have the luxury of an expert as a coach. This is why we promote regular and modified games as the greatest head coach and the best teacher.

D-3004





CARD 90

Level 3 LEARNING THE GAME

3. D, FULL ICE GAME WITH 45-60 SECOND SHIFTS

Break team into two teams of two lines. Play full ice with the rule that a player can only handle the puck for three seconds and then must pass. The coach blows the whistle and the next group of players who are lined up along the boards come on. The player with the puck should pass to the new teammate coming on.

D-3005

CARD 90b

Level 3 LEARNING THE GAME

3. D100, FULL ICE GAMES THE EXTRA PLAYERS ON THE BOARDS

Play full ice games of one on one to four on four. The extra players are located on the boards and can either be actively playing (pass and receive) from their position or they passively wait for their turn.

D-3006

CARD 91

Level 3 LEARNING THE GAME

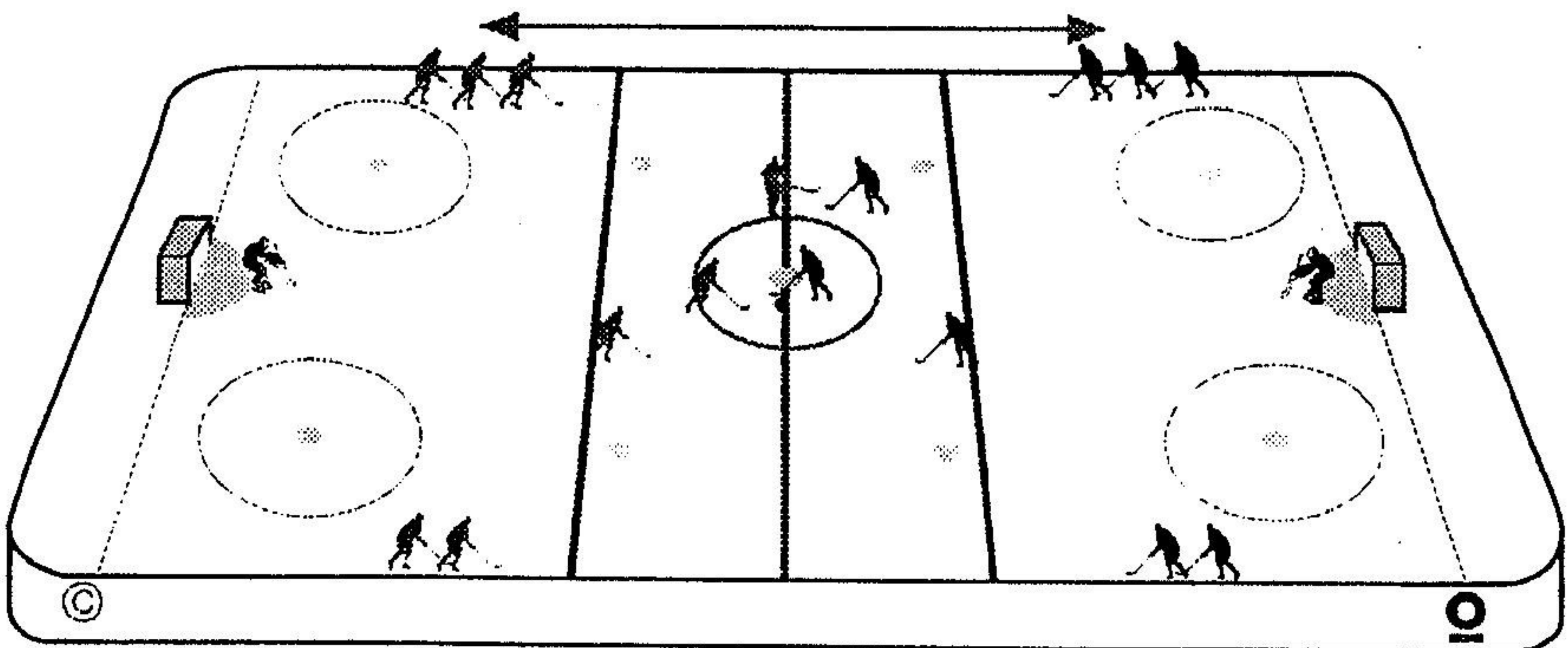
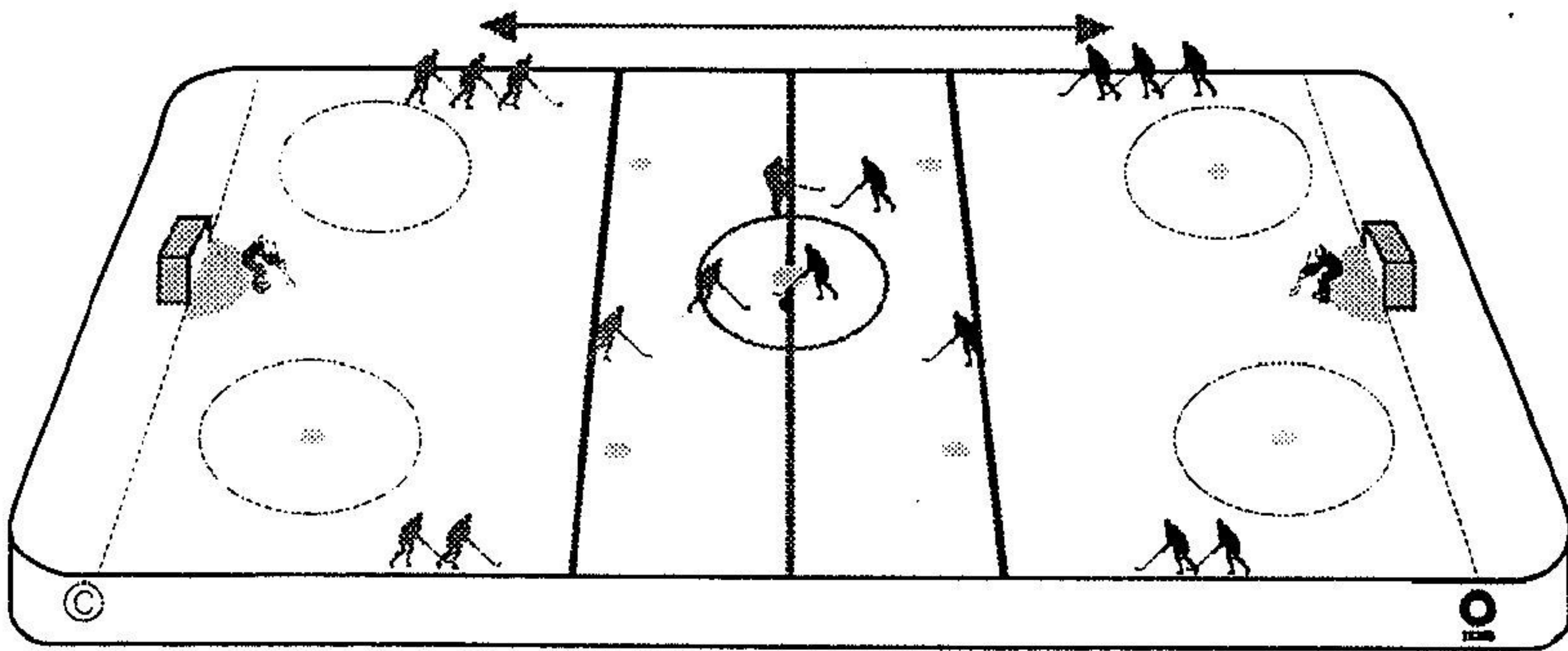
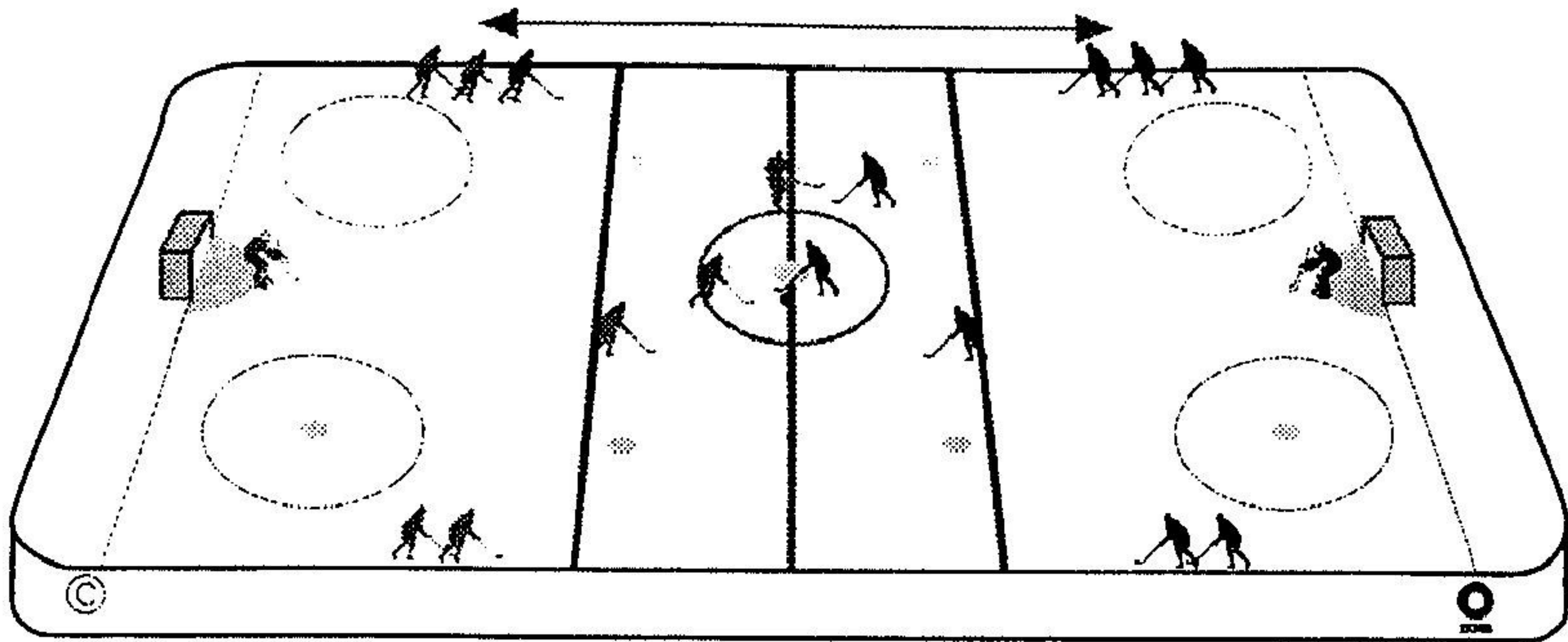
3. D, Orientation,

USING SMALL TEAMS WITH MODIFIED RULES TO LEARN TO PLAY

Use small teams in cross ice, half ice or full ice games to learn the four playing roles. The extra players can go to the bench or wait on the sides where they can participate by being passed too and passing or they can be passive and simply wait for their turn.

D-3007







**CARD 91b**

**Level 3 LEARNING THE GAME**

**3. D, Four Playing Roles,**

**GAMES TEACHING ALL FOUR ROLES AND TRANSITION**

Play five cross-ice games of two on two. All four playing roles are practiced in a 2 on 2 game. During this game the players continuously change their playing roles from a puck carrier (1) to offensive support (2) or closest checker (3) and to the defensive support (4). Play for two minutes and at the end of the game have the players leave the puck in the middle and return to their nets. Rotate the teams by moving down one goal and the end player going to the goal at the other end. Count the wins, ties, and losses.

D-3008

**CARD 92**

**Level 3 LEARNING THE GAME**

**D, Orientation,**

**THE AMOUNT OF PASSES AND LEARNING THE GAME**

A good way to teach the game is by defining how many passes the attacking team are required or allowed to make. For example the simple rule not allowing return passes affects the reaction of both offensive and defensive players. Play cross ice games and limit the amount of passes that can be used by the attacking team. For example the simple rule not allowing return passes (the player can not pass back to the passer), or saying that only one pass, two passes, or one pass per zone is allowed affects the reaction of both offensive and defensive players. If only one pass is allowed, then the pass receiver must drive to the net (1), the defender must play a one on one (3), the supporting players can pick screen or go for rebounds (2) and the other defenders cover the passing lanes and clear the front of the net (4).

D-3009

**CARD 92b**

**Level 3 LEARNING THE GAME**

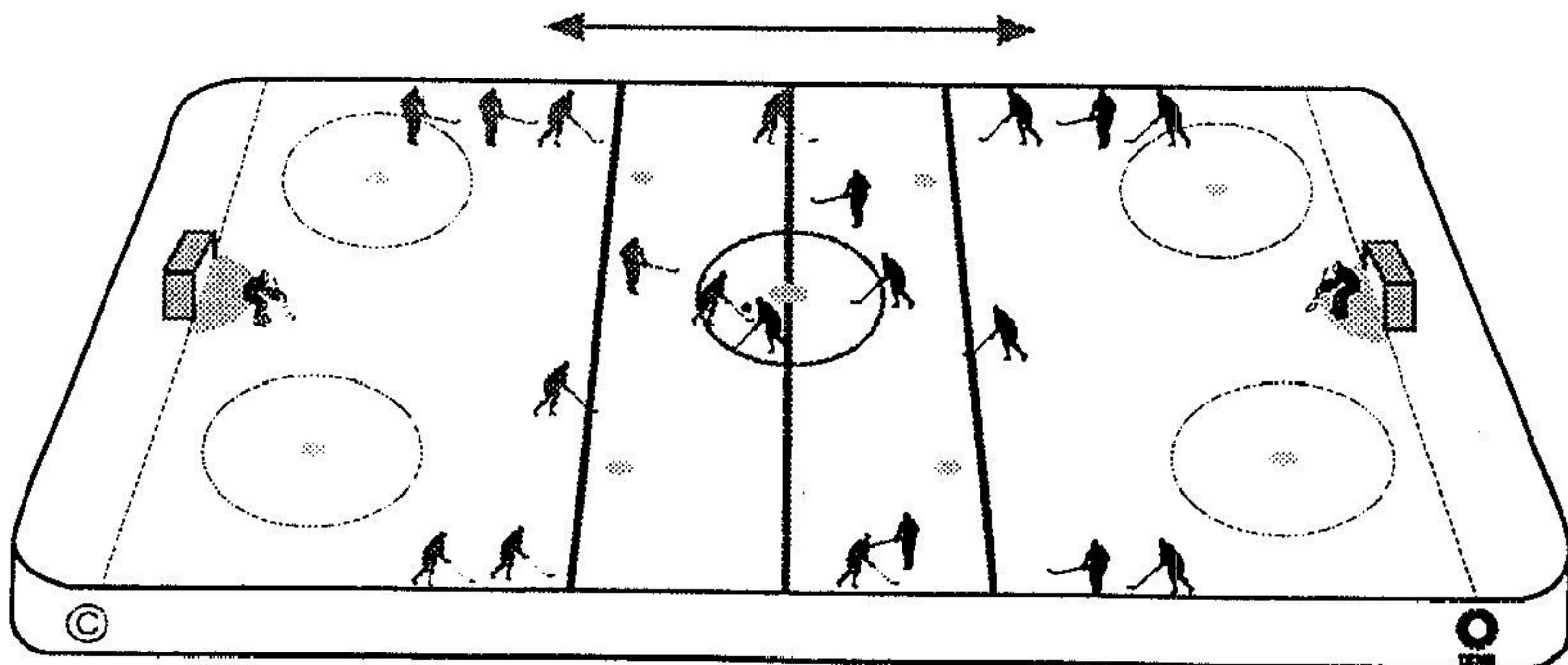
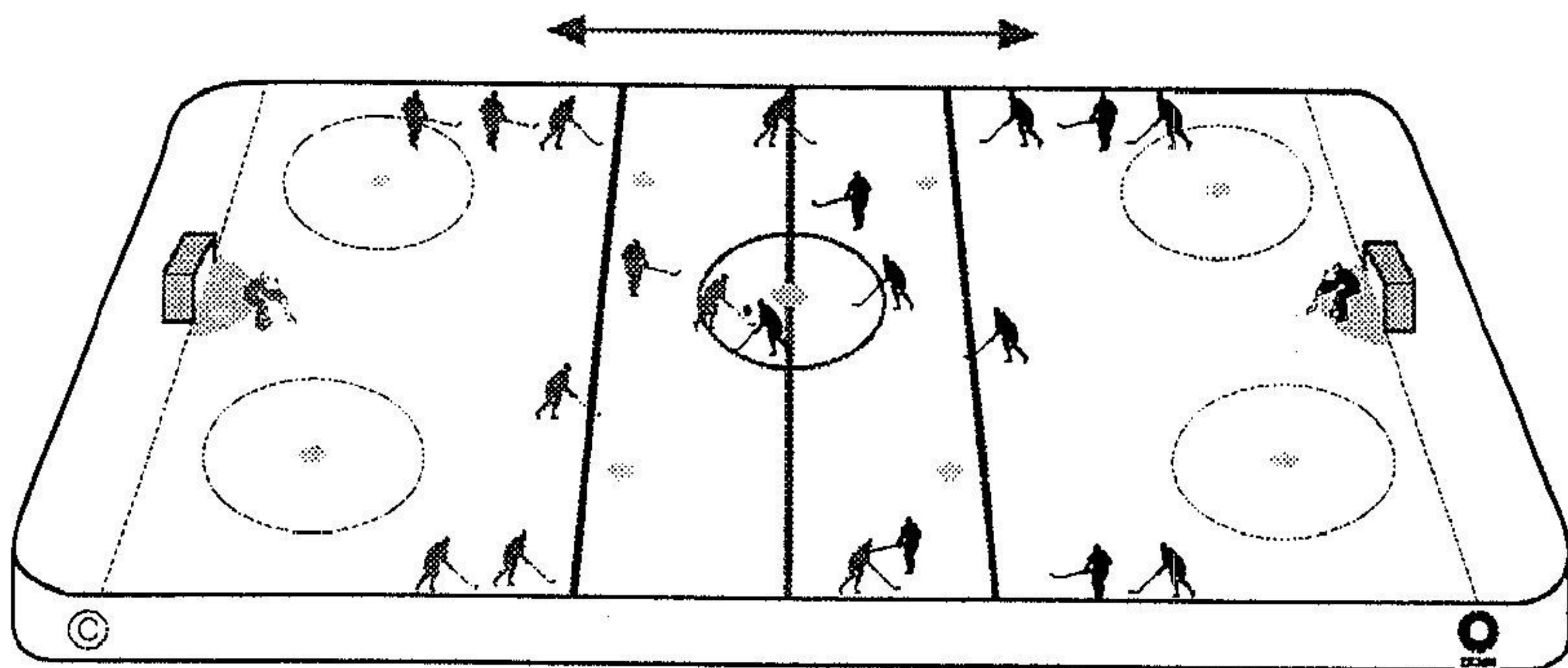
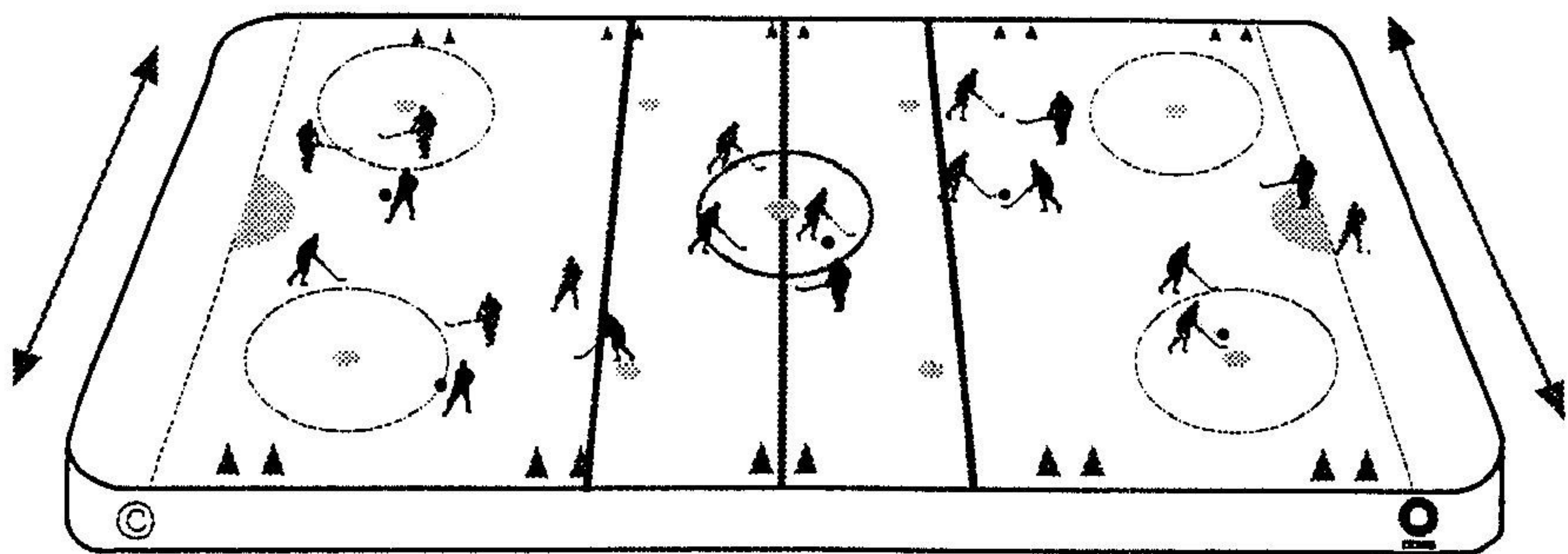
**3. D, Four Playing Roles,**

**PLAYING A GAME WHERE THERE MUST BE AT LEAST TWO PASSES BEFORE A GOAL COUNTS:**

There must be at least two passes before a goal counts. This teaches on ice awareness, offensive support and passing skills. On defense, one player should check the puck carrier and the other player should cover the pass receiver, both from the defensive side. This practices the final two playing roles.

D-3010





CARD 93

Level 3 PLAYING SKILLS

D. 3. Role One,

GAME WITH THE PUCKCARRIER TAKING AT LEAST FOUR OR FIVE QUICK STRIDES TO

OPEN ICE BEFORE PASSING

Game with at least one pass but the puck carrier must take four or five quick strides to open ice before passing or shooting.

D-3011

CARD 93b

Level 3 PLAYING SKILLS

3. D, Role One,

GAME WITH WRIST PASSING ONLY

Wrist passes are more deceptive and easier to control than slap passes. Teach wrist passing by playing a full, cross or half ice game where only backhand or forehand wrist passes are allowed. If a slap pass is made the other team gets the puck.

D-3012

CARD 94

Level 3 PLAYING SKILLS

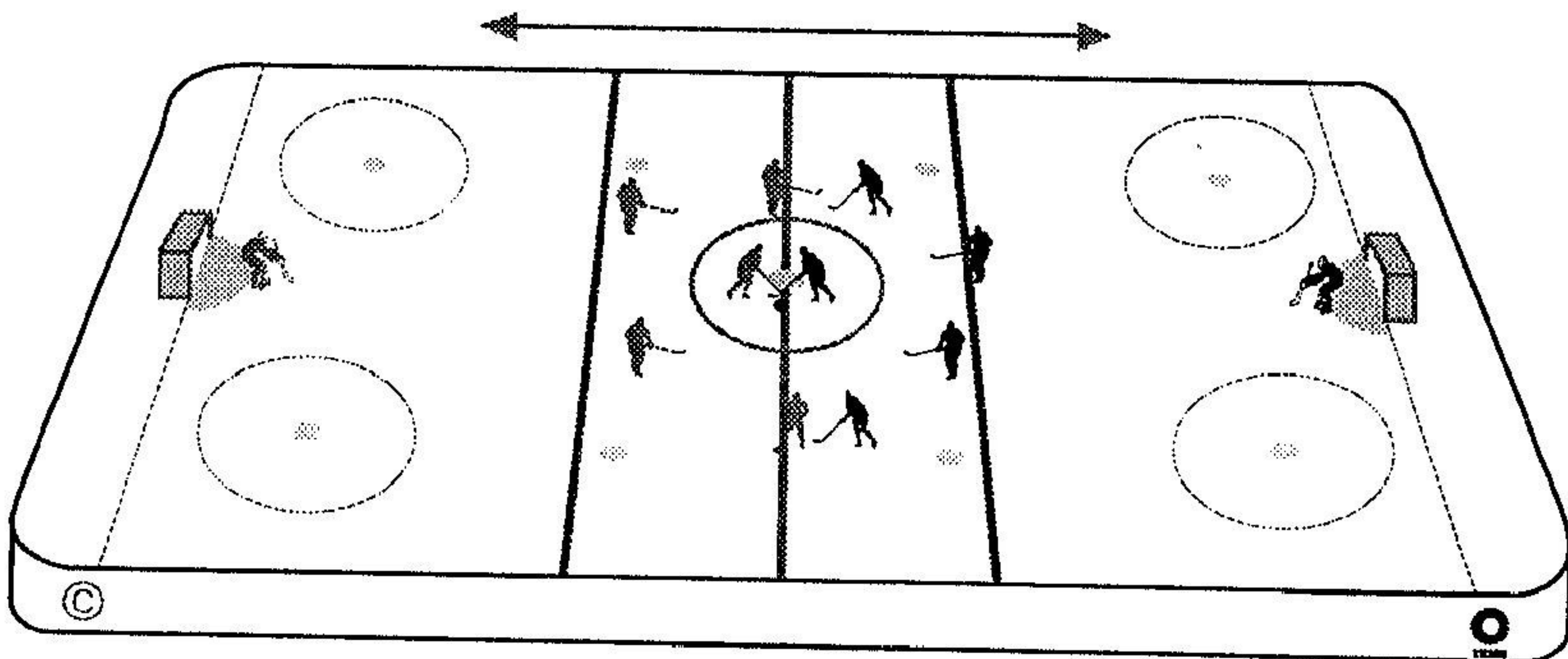
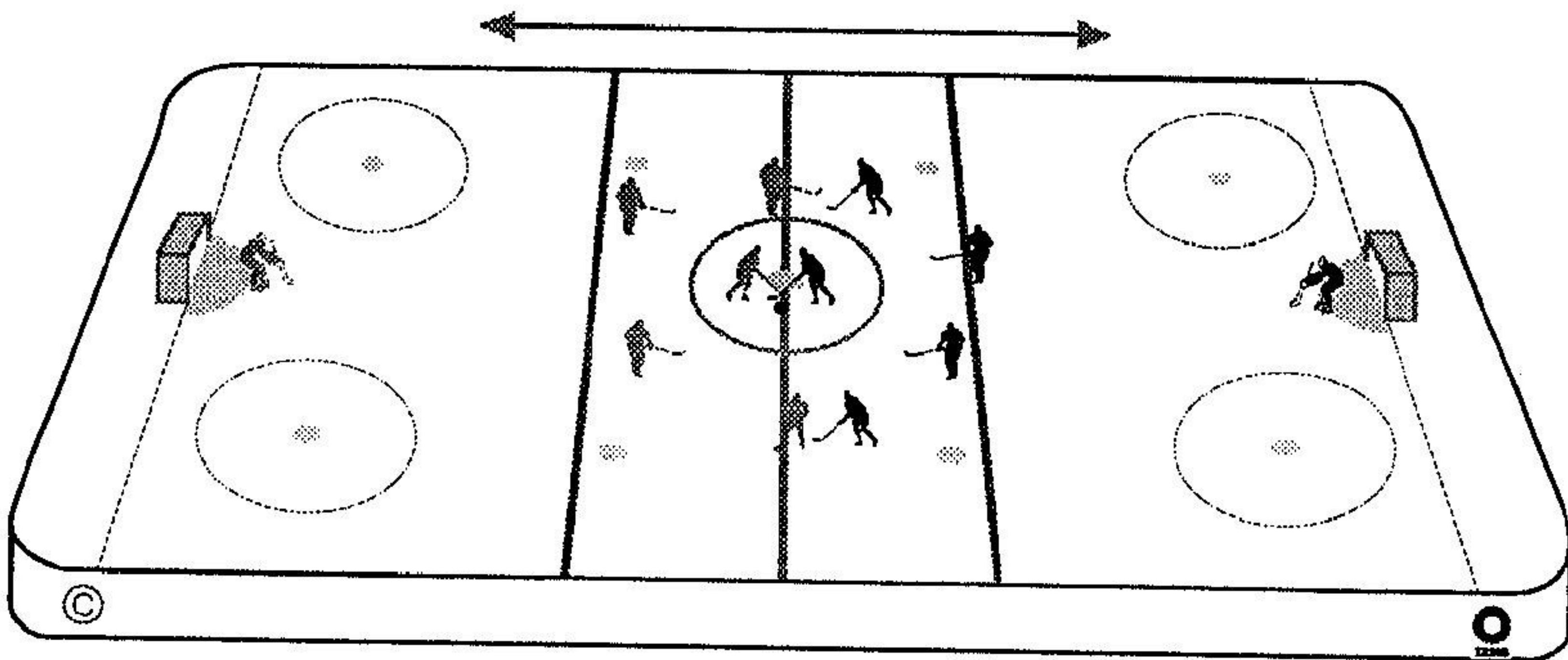
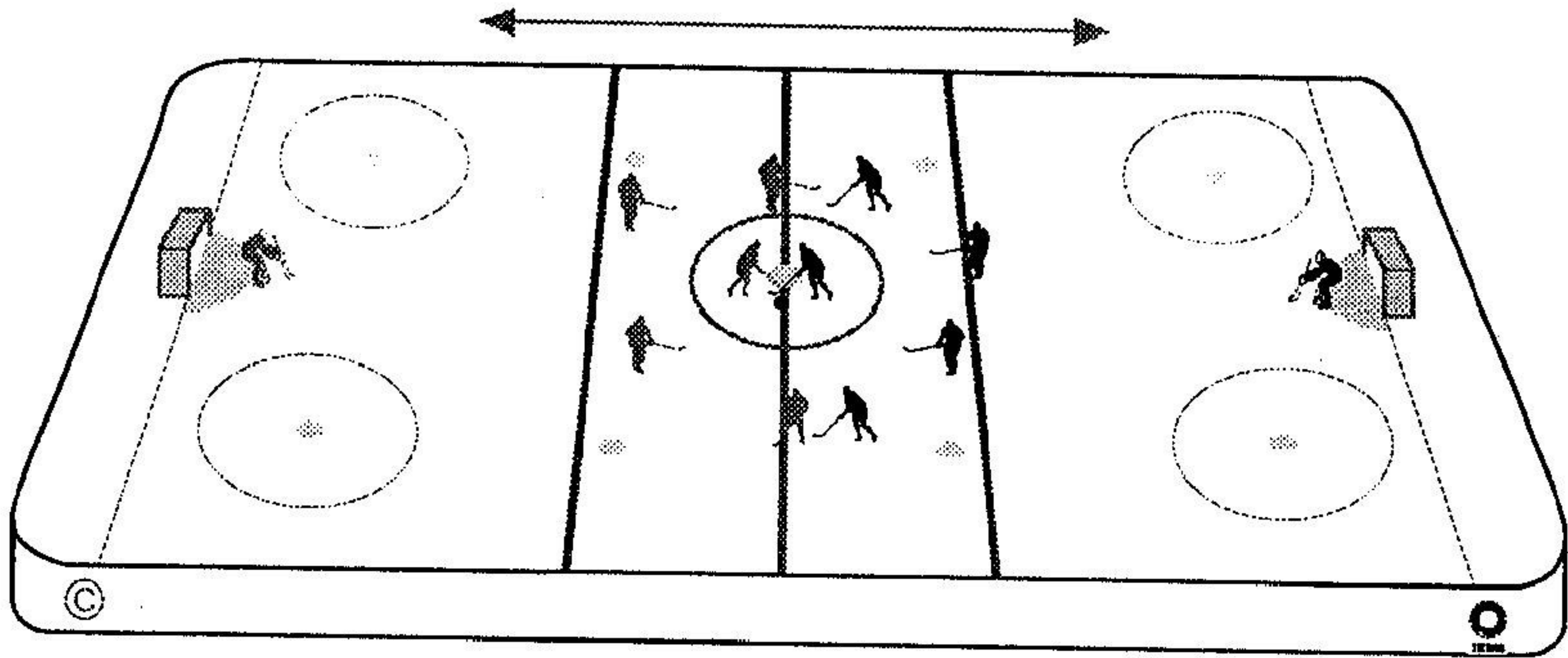
3. D, Roles One and Three,

FACE OFFS

In a controlled scrimmage have face-offs in all areas and teach offensive and defensive positioning and coverage. A general rule is that you always protect the middle first and usually wings cover defensemen, center covers the center and defensemen cover wings. Picks, screens and stunting can also be practiced.

D-3013





CARD 94b

Level 3 PLAYING SKILLS

3. D, Role One,

GAMES STRESSING WINNING LOOSE PUCKS IN THE OFFENSIVE ZONE

The closest player must go after "loose pucks" as quickly as possible. The other players support according to their distance from the puck. To create these loose puck situations during a scrimmage; dump the puck in from the neutral zone and forecheck.

D-3014

CARD 95

Level 3 BASIC SKILLS: BODY CHECKING

3. D, Roles One and Three,

GETTING USED TO BODY CONTACT

Play a game without sticks, similar to British Bulldog, with one team skating through the other team that is waiting in the neutral zone that tries to block them from crossing the blue line. Take turns playing defense.

D-3015

CARD 95b

Level 3 BASIC SKILLS: BODY CHECKING

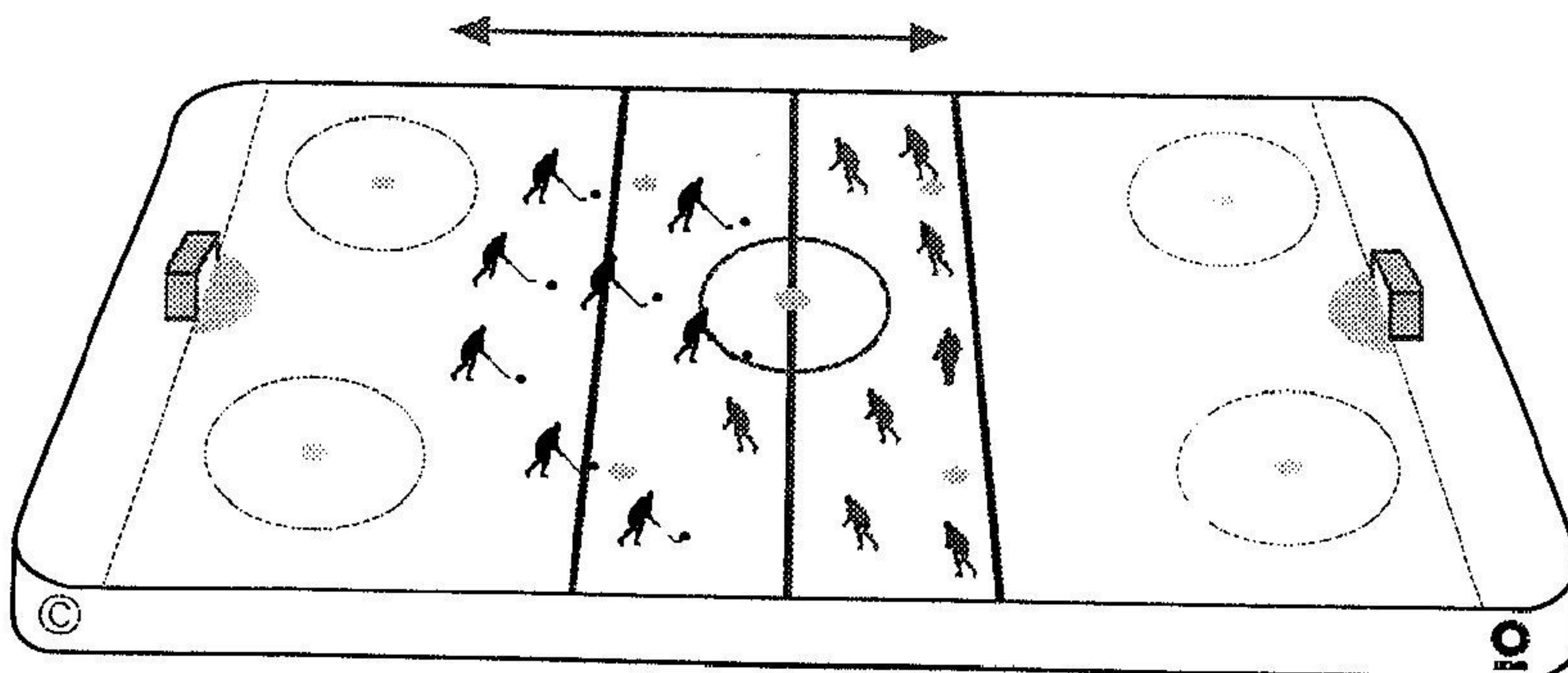
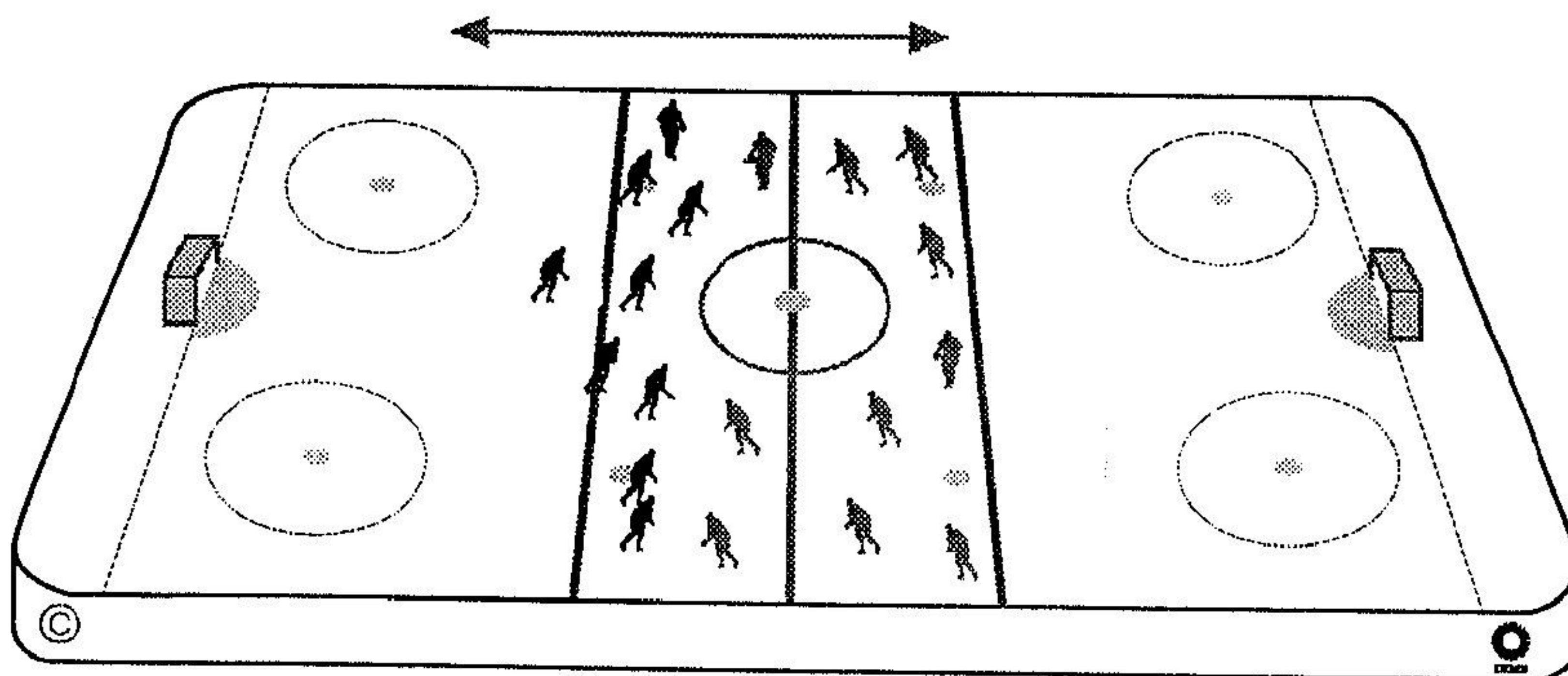
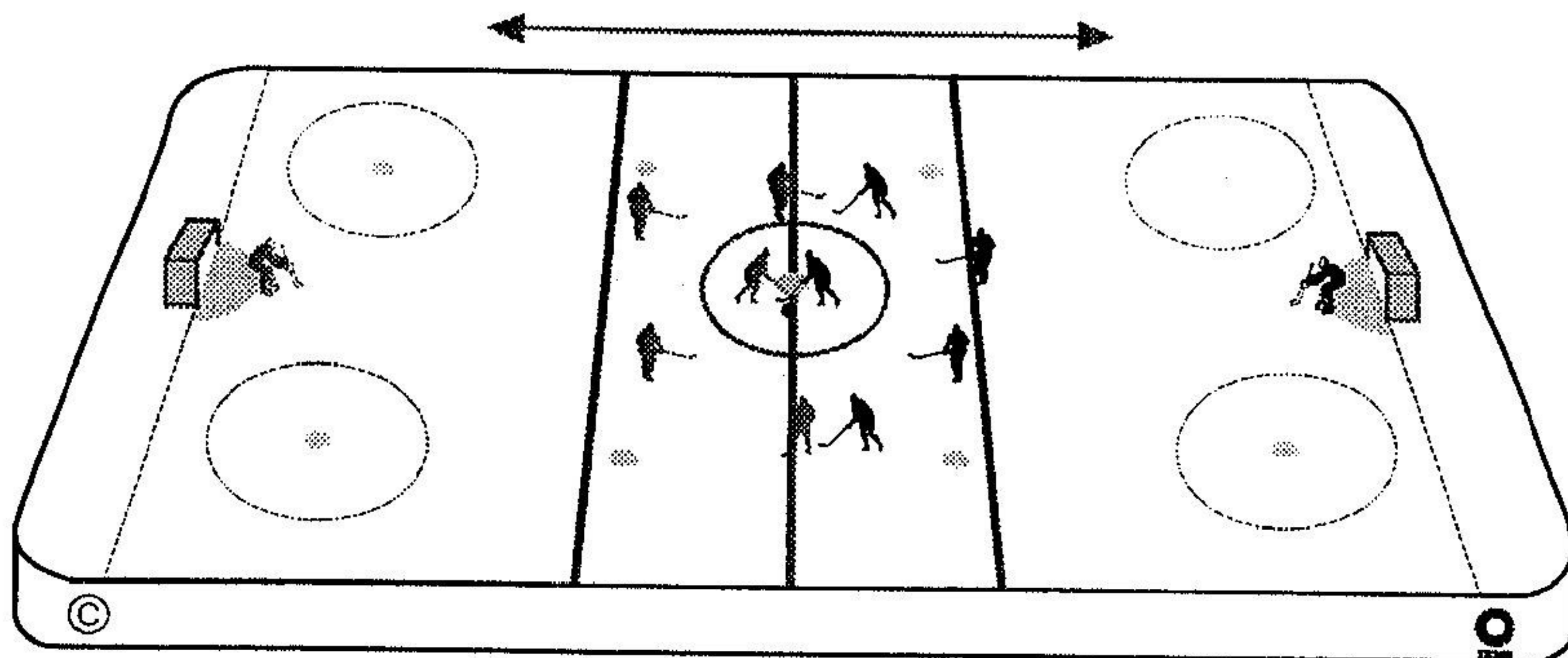
3. D, Roles One and Three,

GETTING USED TO THE BODY CONTACT WHILE CARRYING A PUCK

Have a contest between two teams. One team waits in the neutral zone without sticks. The other team tries to stick handle through the neutral zone without getting body checked. Allow only legal checks.

D-3016





**CARD 96**

**Level 3 PLAYING SKILLS**

**3. D, Roles One and Two,**

**PASSING WHILE SKATING BACKWARD**

Play a half ice game or a game of keep away where the puck carrier must skate backwards before passing. This practices protecting the puck, keeping the feet moving and pivoting. If you watch Wayne Gretzky, this is one of his favorite moves.

D-3017

**CARD 96b**

**Level 3 PLAYING SKILLS**

**3. D, Roles One and Two,**

**PASSING AFTER MAKING A TIGHT TURN**

Play a cross, half or full ice or a game of keep away where the puck carrier must make a tight turn before passing or shooting. This practices skate fakes, protecting the puck, keeping the feet moving and pivoting.

D3-3018

**CARD 97**

**Level 3 PLAYING SKILLS**

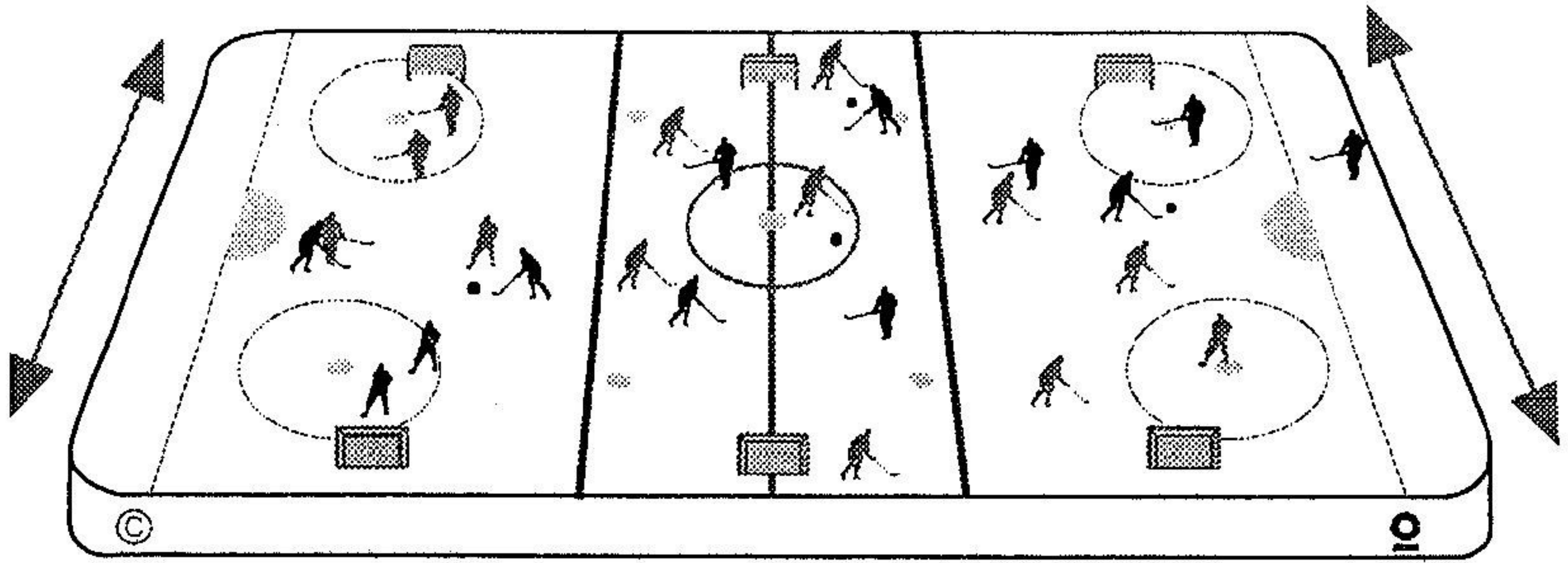
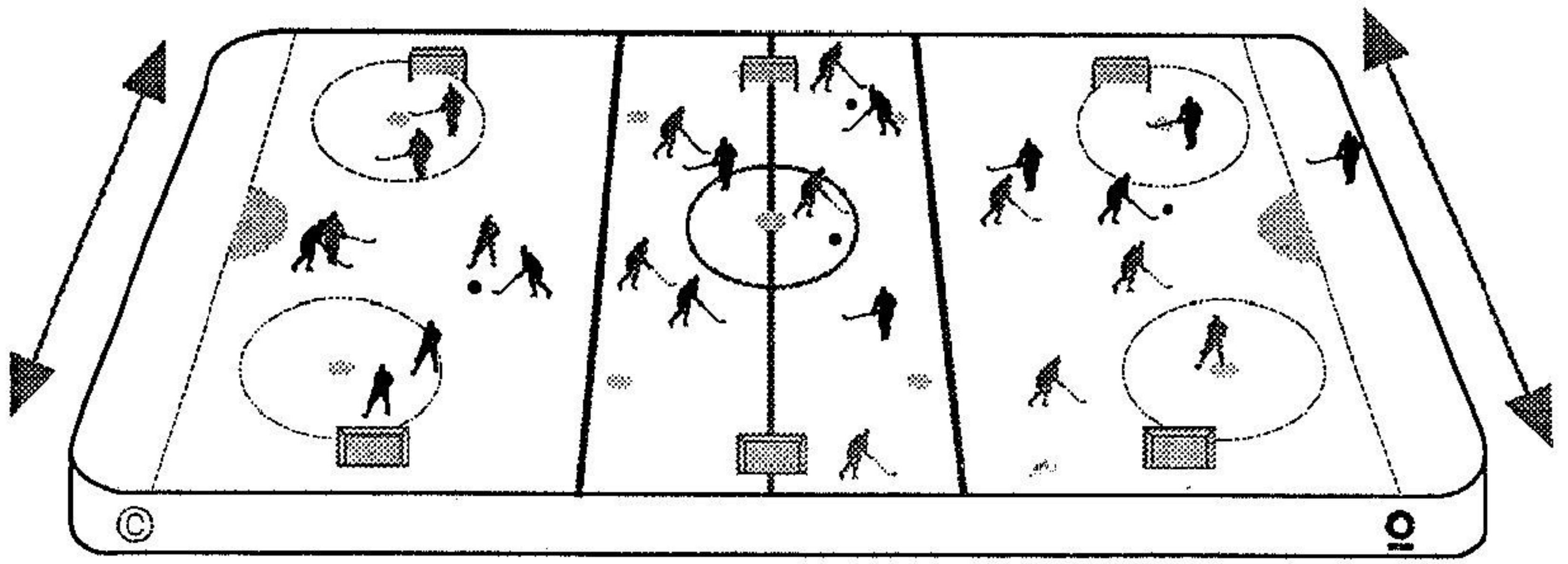
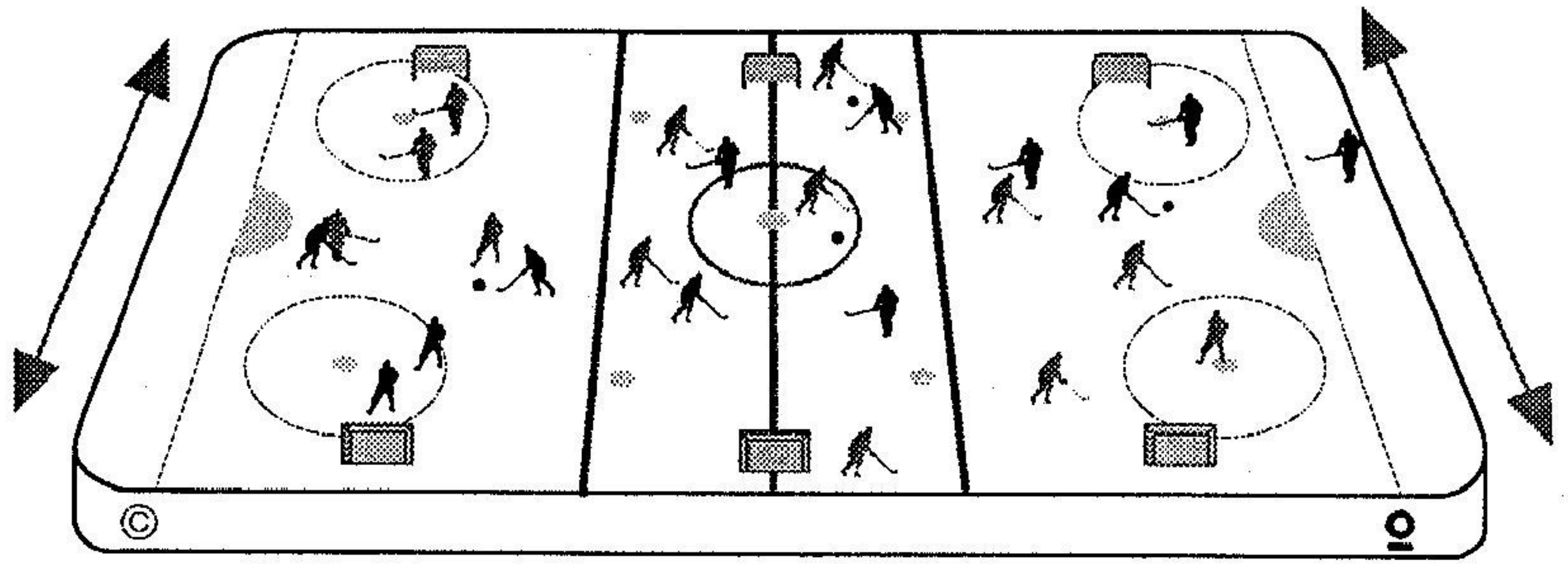
**3. D, Roles One and Two,**

**"GIVE AND GO" GAME**

The first pass receiver must return the puck to the passer who can then pass to another player, who must now give and go. This game teaches players to support by following their pass.

D-3019





CARD 97b

Level 3 PLAYING SKILLS

3. D, Roles One and Two,  
GAME WITH NO "GIVE AND GO"

Game of 3 on 3 and more. The pass receiver cannot return the pass but must find another open player. This promotes support and split vision. Most players can see the team mates in front and to the side of them but only the better players see the late players joining the play.

D-3020

CARD 98

Level 3 PLAYING SKILLS

3. D, Roles One and Two,  
ONE TIMER SCORING GAME

Playing a cross ice (D2) or half ice game (D4) with the rule that goals only count if they are scored using a one timer shot. Players must always face the puck and get into good shooting position before the pass comes.

D-3021

CARD 98b

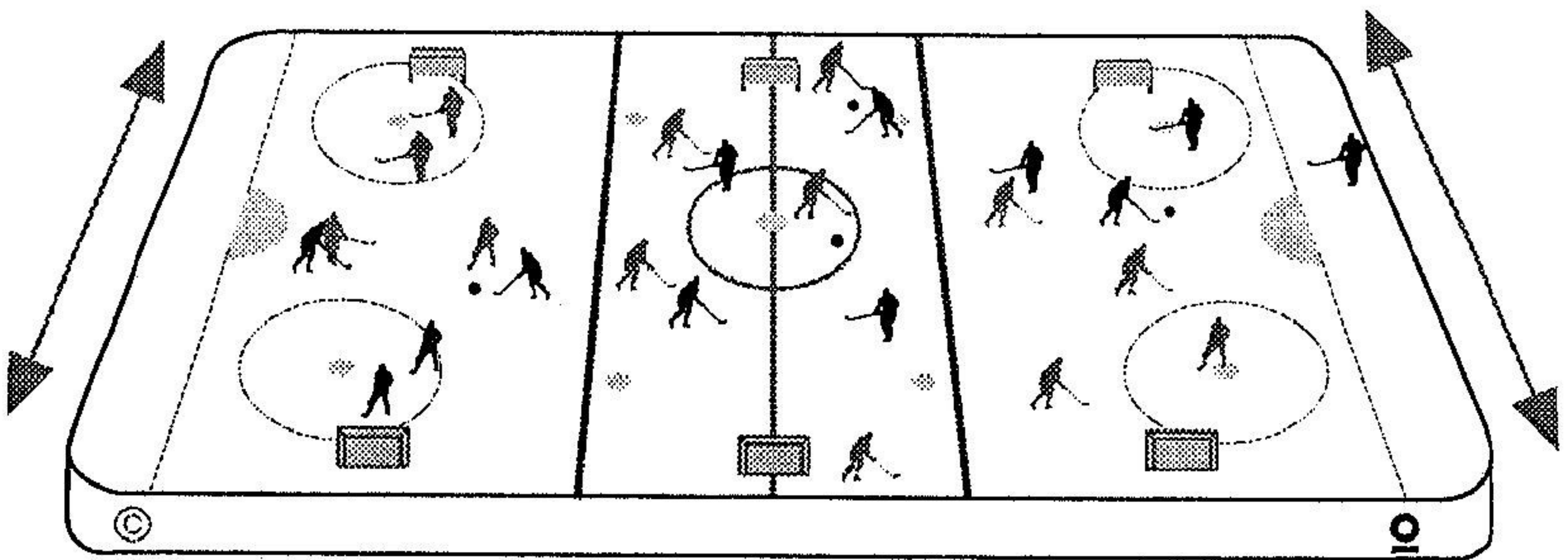
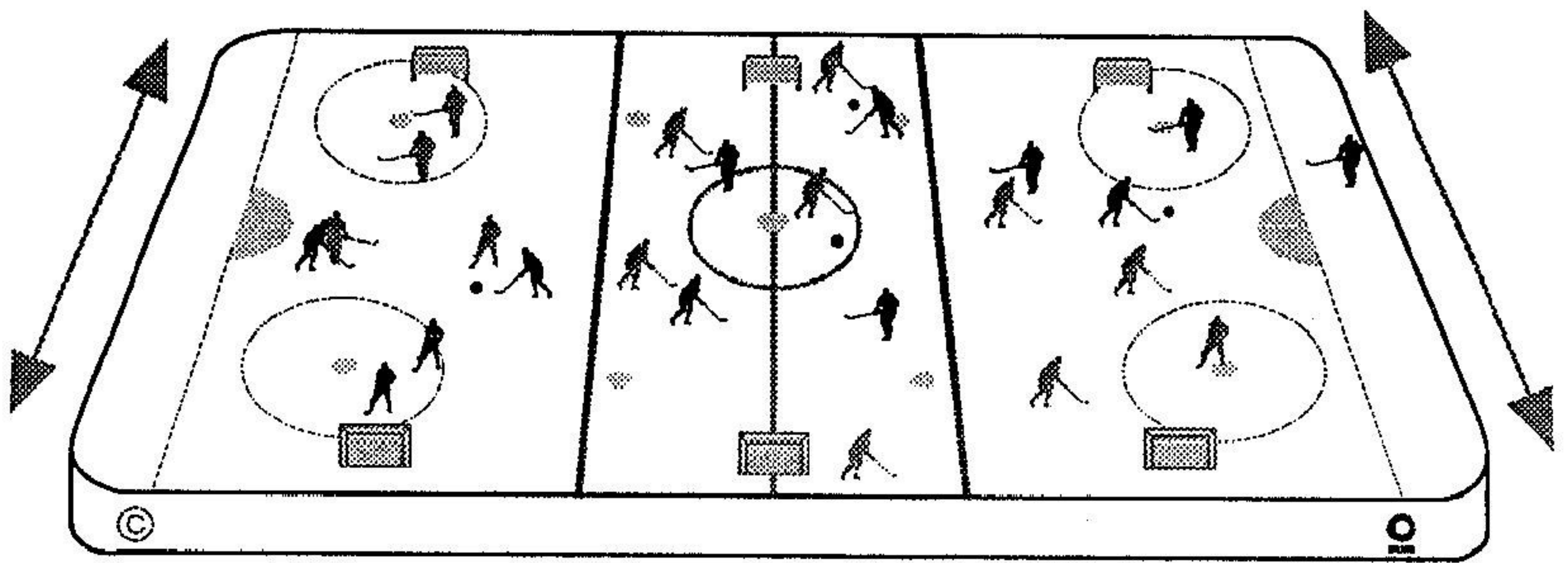
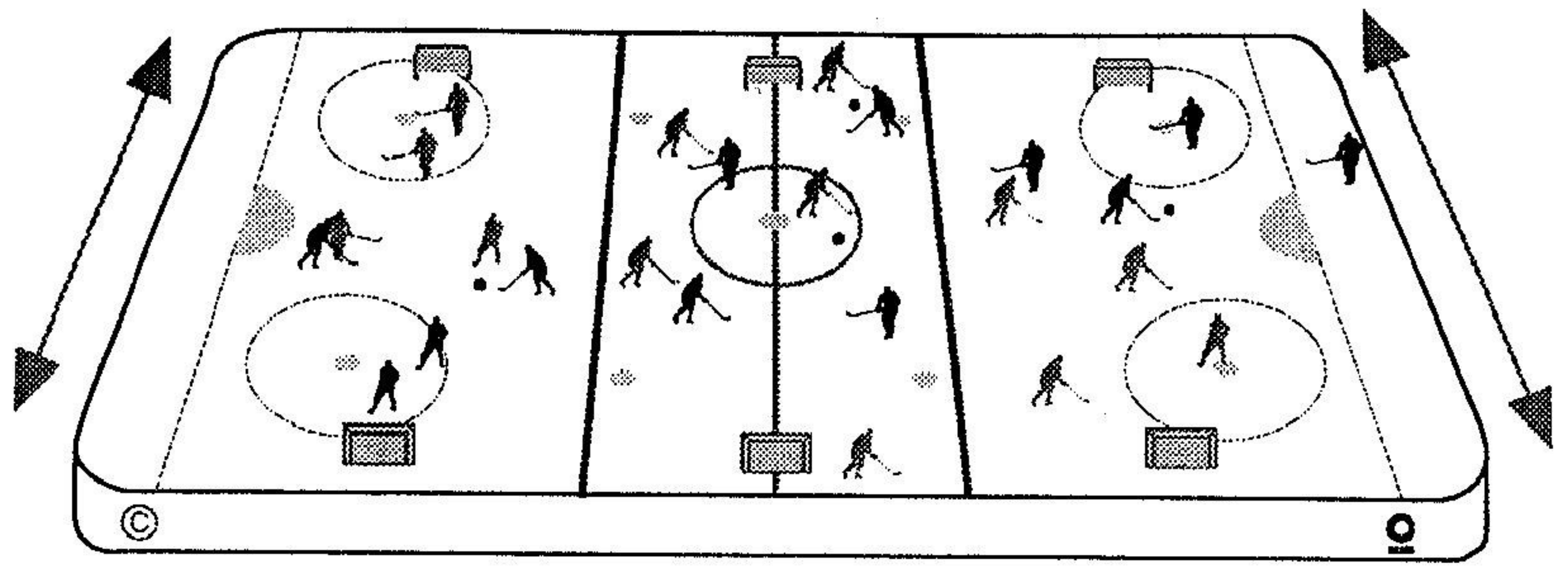
Level 3 PLAYING SKILLS

3. D, Roles One and Two,  
GAME WITH SWITCHING POSITIONS

Play a cross ice (D2) or half ice (D4) game. The rule in the game is that the offensive team must cross in front of the defenders at least one time before scoring. This encourages the attackers to follow their pass and isolate the widest man and try to create a two on one situation. The defenders must talk to each other after they have decided whether to switch or keep playing the same attacker.

D-3022





**CARD 99**

**Level 3 PLAYING SKILLS**

3. D, All Playing Roles, *or 3 on 3*

**TWO ON TWO FULL ICE PASSING EACH ZONE GAME**

Play a full ice 2 on 2 game passing the puck once in each zone. If the puck is gained in the neutral zone the players have to pass two times, if in offensive zone one time. After shooting in or shot one pass game is played

D-3023

**CARD 99b**

**Card Level 3 PLAYING SKILLS**

3. D, All Playing Roles,

**TWO ON TWO REGROUPING GAME**

A full ice 2-2, 3-3 game in which the teams must regroup at least once before entering the offensive zone. This game works on close support and the break out reads.

D-3024

**Card 100**

**Level 3 PLAYING SKILLS**

3. D. Role Three,

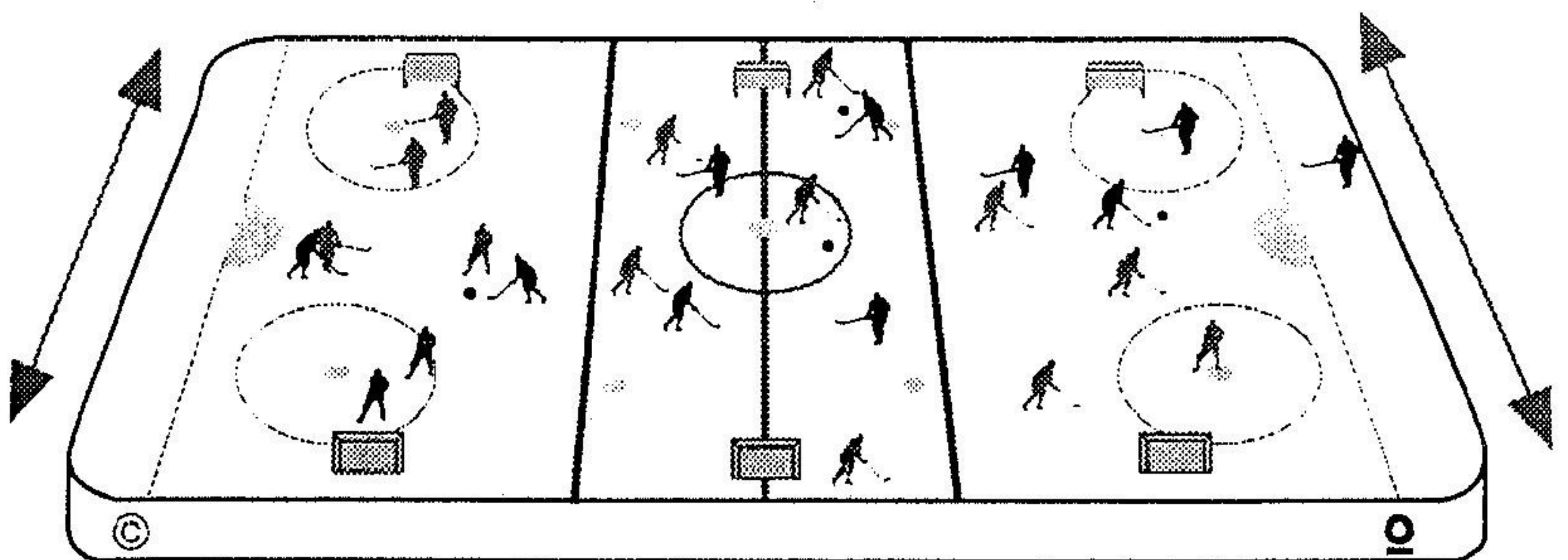
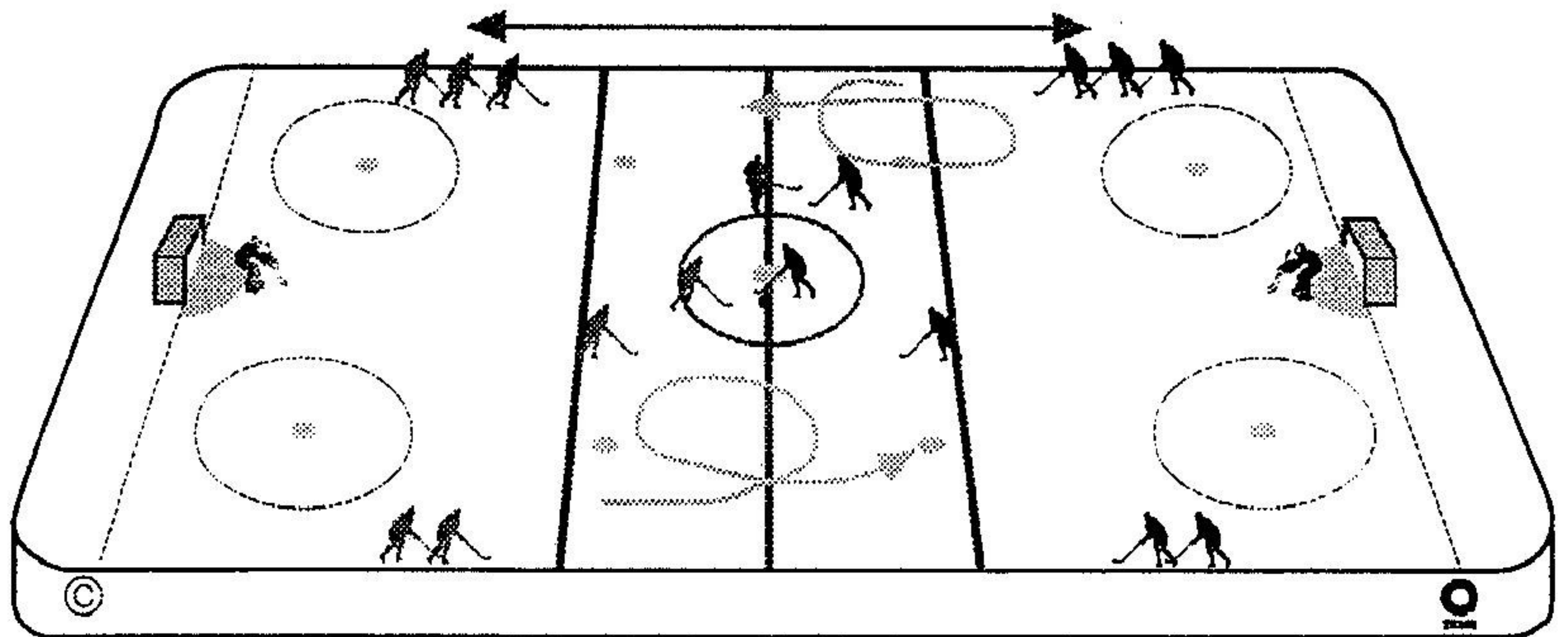
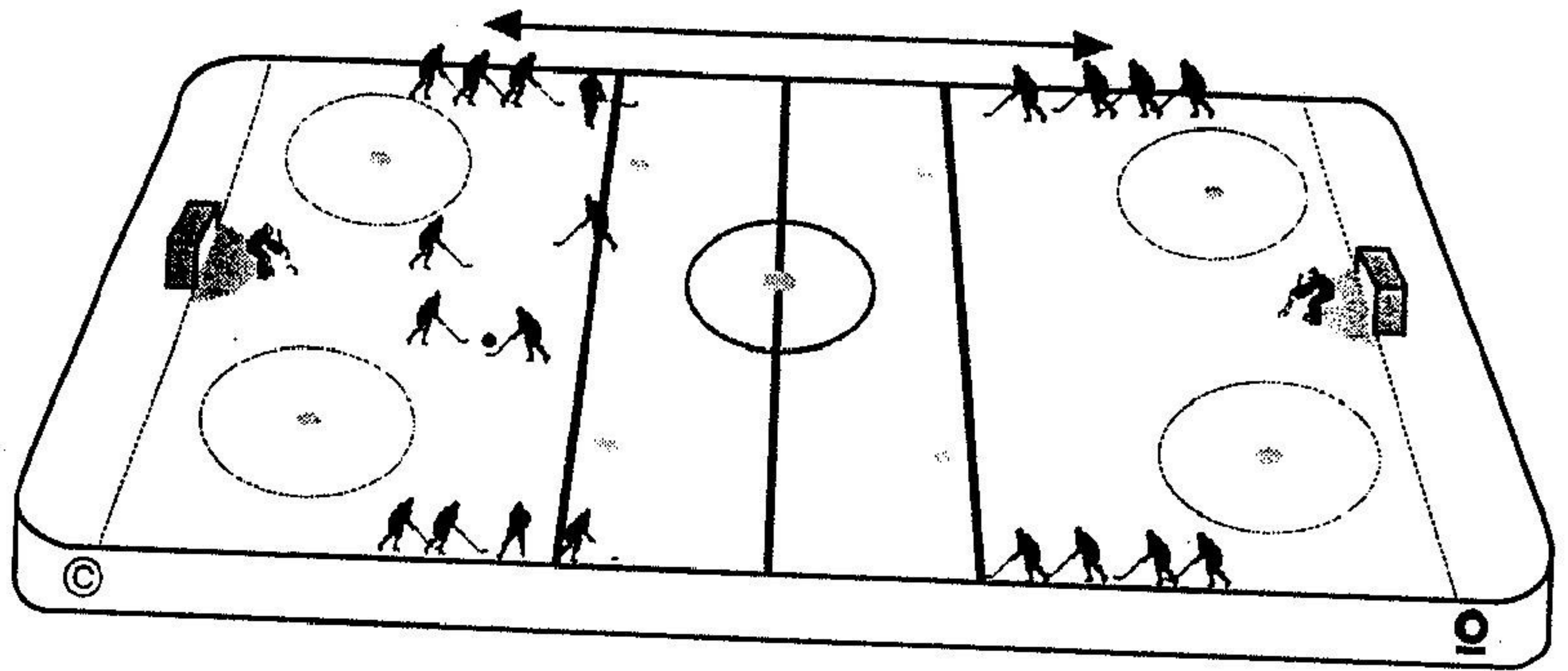
**GAME STRESSING IMMEDIATE PRESSURE BY THE CLOSEST DEFENDER**

In a small area game stress that the closest defender player pressures the puck carrier. It is important to get immediate pressure on the puck from the inside out. This delays the attack, deflects it wide and hurries the puck carrier into making mistakes.

Deep in the zone the defender must quickly close the gap and make contact if the players is not in good control of the puck and if the offensive player has good control, then maintain the defensive side by stopping and going back, while staying on the defensive side. When in trouble get the stick in between the attackers legs and high in the crotch.

D-3025





CARD 100b

Level 3 PLAYING SKILLS

3. D, Role Three,

GAME OF ONE ON ONE STRESSING THE DEFENSIVE SIDE

The players a play full, half or cross ice game but the defender learns that she knows where the puck carrier is going. She is going to the net. The coach teaches the defender to always stay between the puck carrier and their goal. This is the first step in teaching good defensive technique. When backchecking the defender must keep the attacker on the outside and stay on the defensive side.

D-3026

CARD 101

Level 3 PLAYING SKILLS

3. D, Roles Three and Four,

GAME WITH STICKS UPSIDE DOWN IN THE DEFENSIVE ZONE

A good teaching technique is to practice defense while holding the sticks upside down in the defensive zone. This helps the players to focus on staying between their check and the net, with their shoulders square to the puck carrier. They must stop and start and learn to always play the body deep in their own zone. The coach can blow the whistle and signal that the sticks may be held properly and the other team can defend with their sticks upside down.

D-3027

CARD 101b

Level 3 PLAYING SKILLS

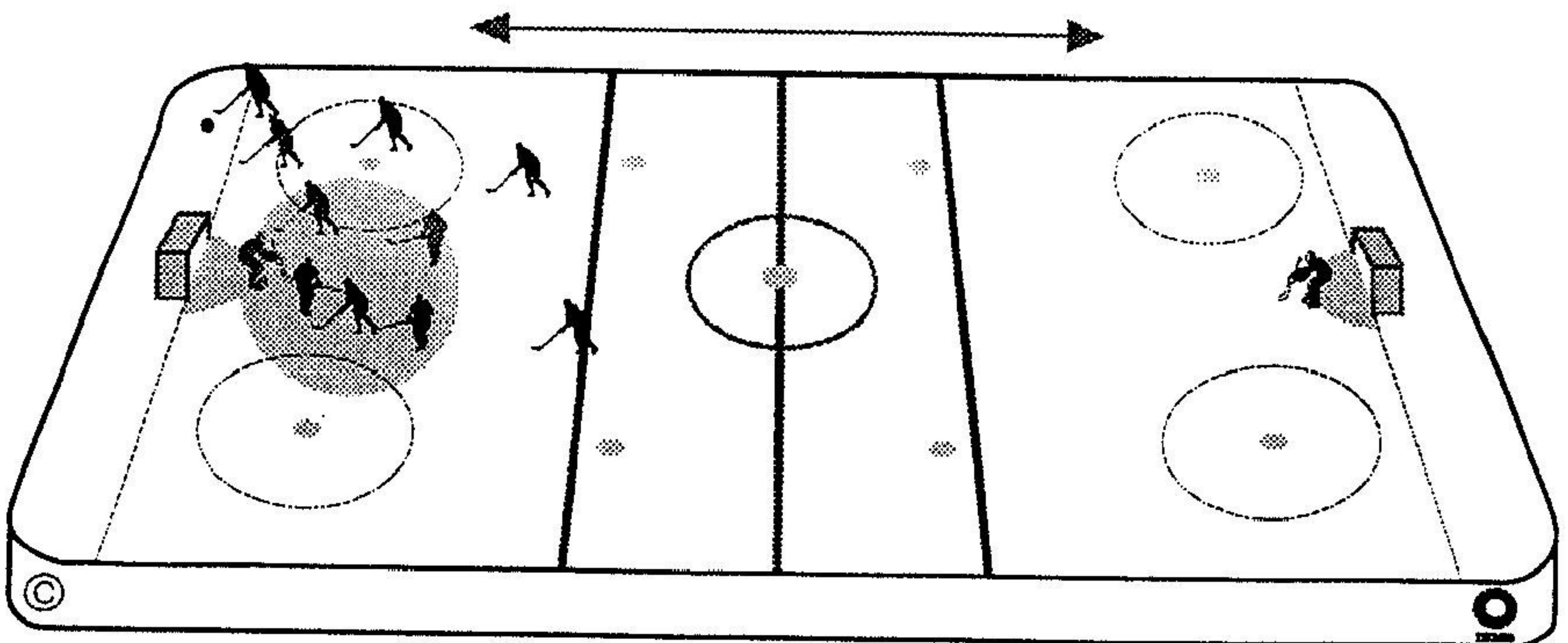
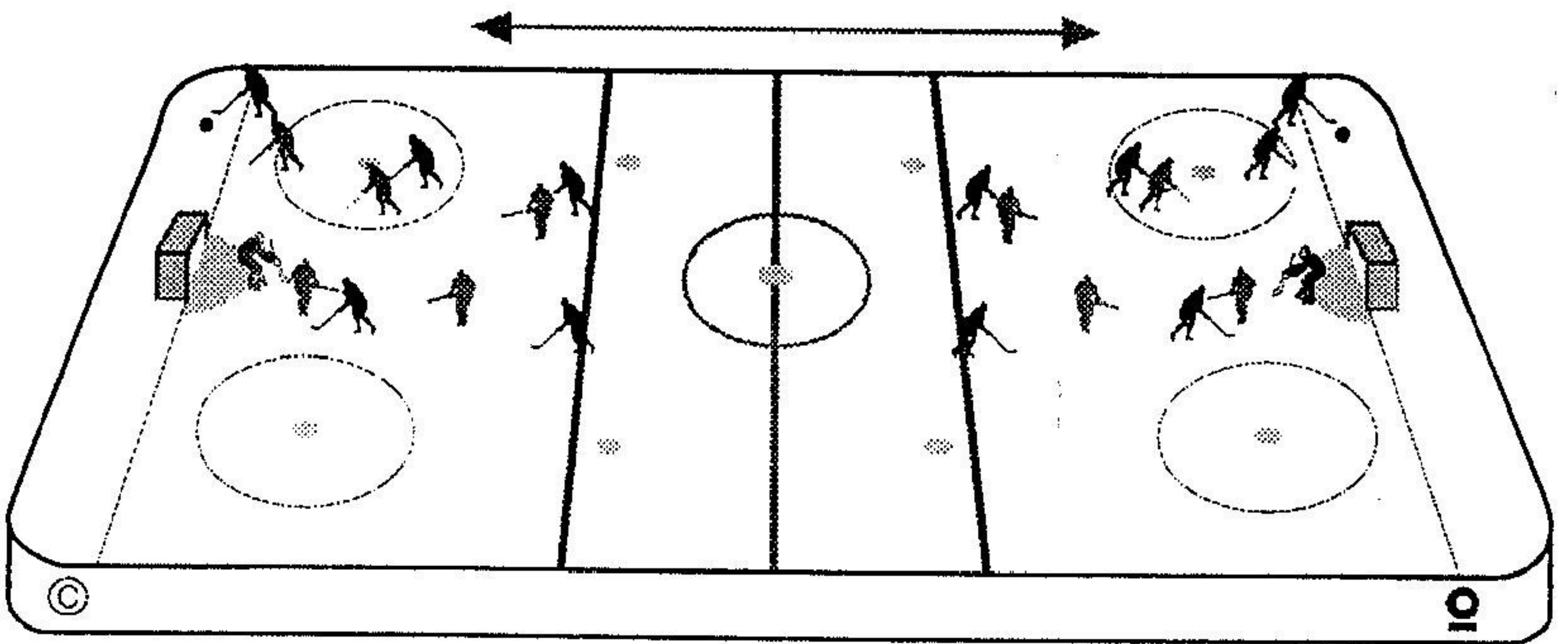
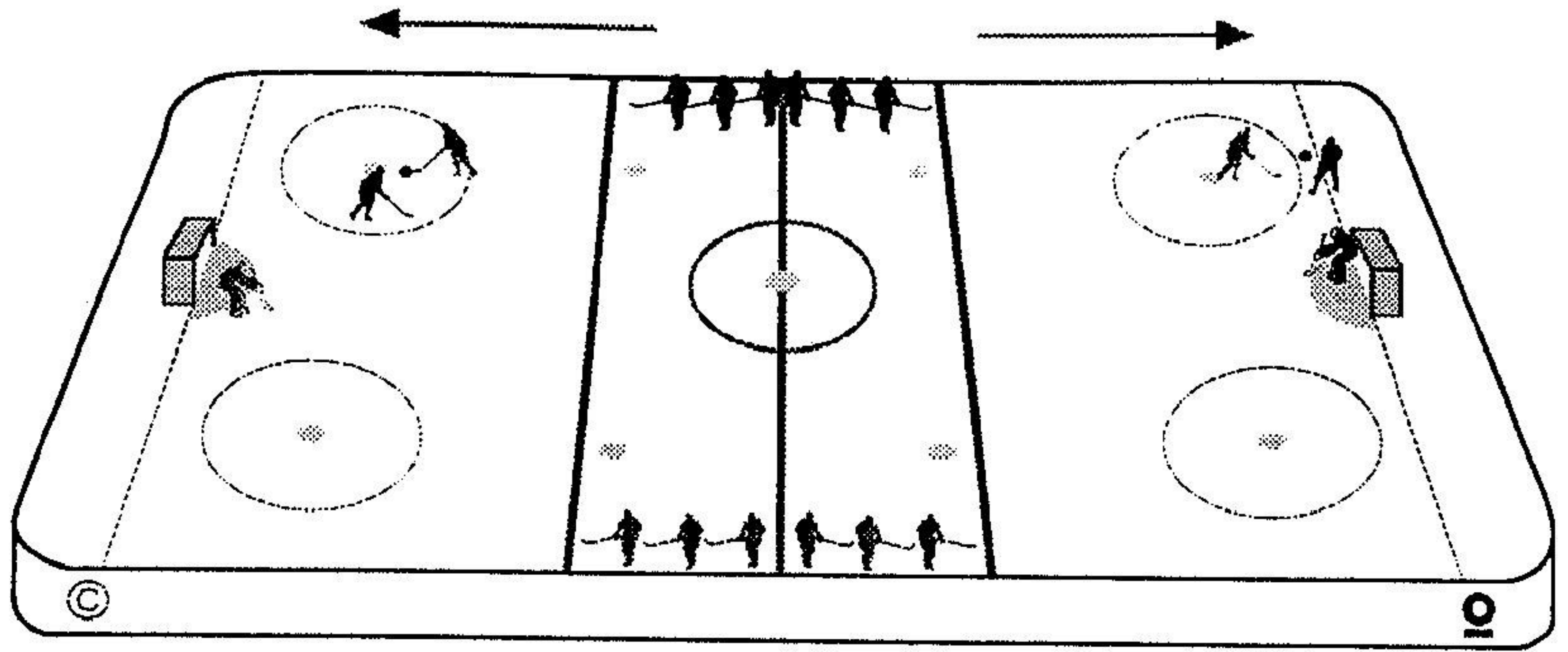
3. D, Roles Three and Four,

DEFENDING THE SLOT

Play a full ice game of 2-2, 3-3, 4-4, 5-5, with shifts of 30 to 60 seconds. The main principle of defending is simple, it is to control the slot area in front of your goal. Concentrate on determining who is covering each attacker by the red line and deflect the puck out of the middle lane. All players maintain defensive side body position and keep sticks in the passing lanes.

D-3028





**CARD 102**

**Level 3 PLAYING SKILLS**

**3. D, Roles Three and Four,**

**COMING BACK DEEP IN A FULL ICE GAME OF 2-2, OR 3-3**

The coach emphasizes that the closest checker gives immediate pressure on the puck carrier and deflects the attack from the middle. The second player in the zone supports from the front of the net and the third player covers the point and picks up the attacking third player if he joins the play deep in the zone. It is important for the defenders to stay with their checks and not chase the puck.

**D-3029**

**CARD 102b**

**Level 3 PLAYING SKILLS**

**3. D, All Playing Roles,**

**2-2; 3-3, LEAVING THE ZONE AFTER THE PUCK GAME**

In this game the puck must go out of the zone before any of the players who are breaking out. This game causes the offensive unit play compact and allows short breakout passes. In a turnover situation the defending team has the whole unit in a good positioned to defend.

**D-3030**

**Card 103 Level 3-4 LEARNING THE GAME**

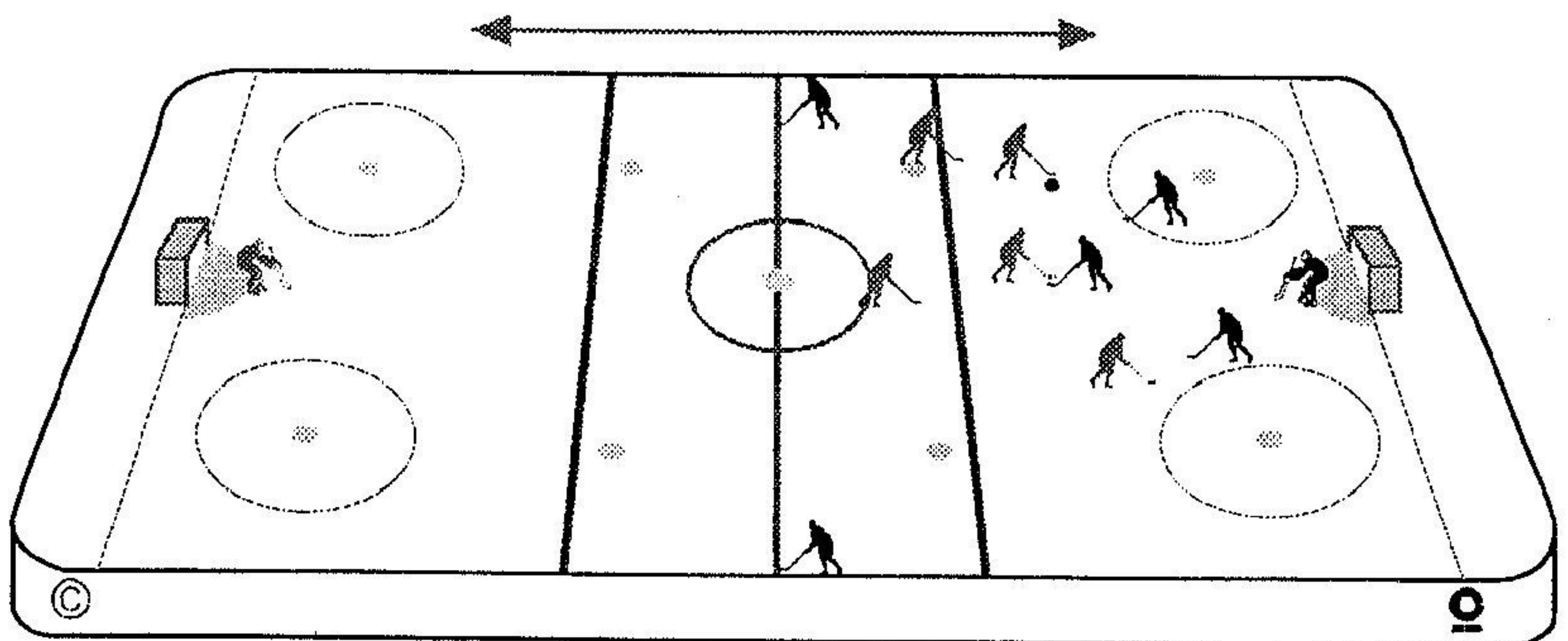
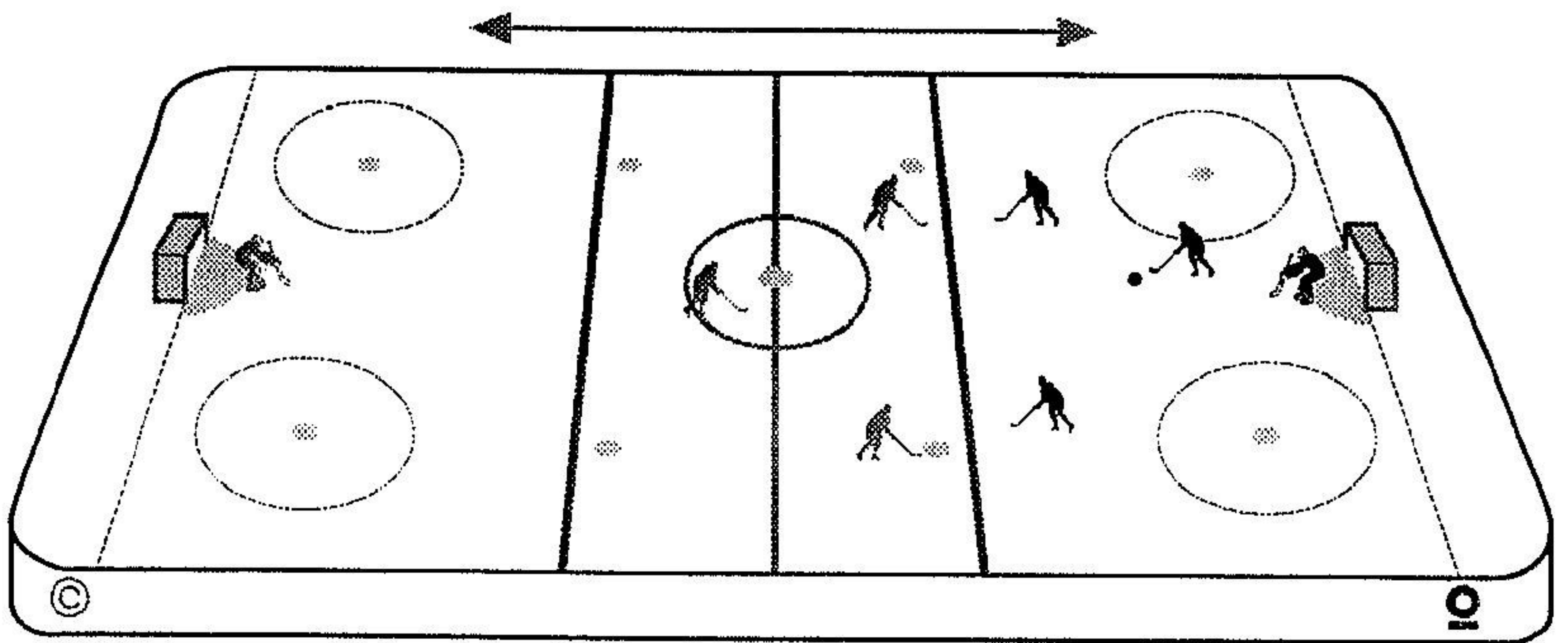
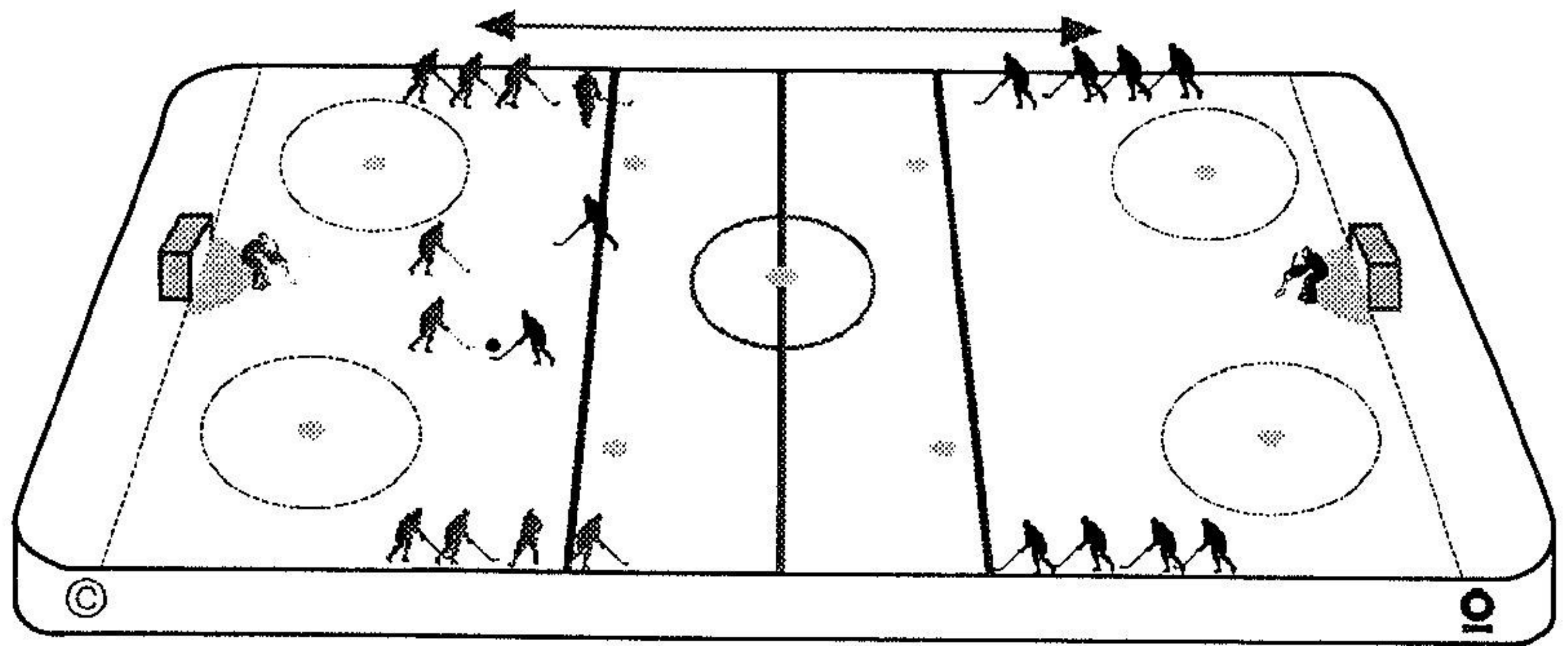
**3. D, Orientation,**

**LEARNING THE PLAYING ROLES IN THREE ZONES**

To teach the player roles in all three zones play a full ice game of 5 on 5 but leave various numbers of players in the neutral zone. To create a 5 on 4 one player on the defending team stays outside of the blue line in the neutral zone, if two defending players stay then it would be a 5 on 3 and if one from each team a 4 on 4 and two from the defending team and one from the attacking team a 4 on 3.

**D-3031**





CARD 103b

Level 3-4 LEARNING THE GAME

3. D, Orientation,

PLAYING ON ONE GOAL

Play a half ice 1-1, 2-2, 3-3, 4-4, 5-5 or any odd numbered situation to practice the four player roles, the rules and transition from offence to defense. The unit that gains the puck either plays the puck to neutral zone to a new unit or they must carry the puck and all players get on side before entering the zone again. The other option is to have the attacking team pass to each other before they can score. All of these rules give sufficient time for the opponent to regroup for defense.

D-3032

CARD 104

Level 3-4 LEARNING THE GAME

3-4. D, Roles One, Two and Three,

HALF ICE TRANSITION GAME OF ONE ON ONE THEN ONE ON TWO

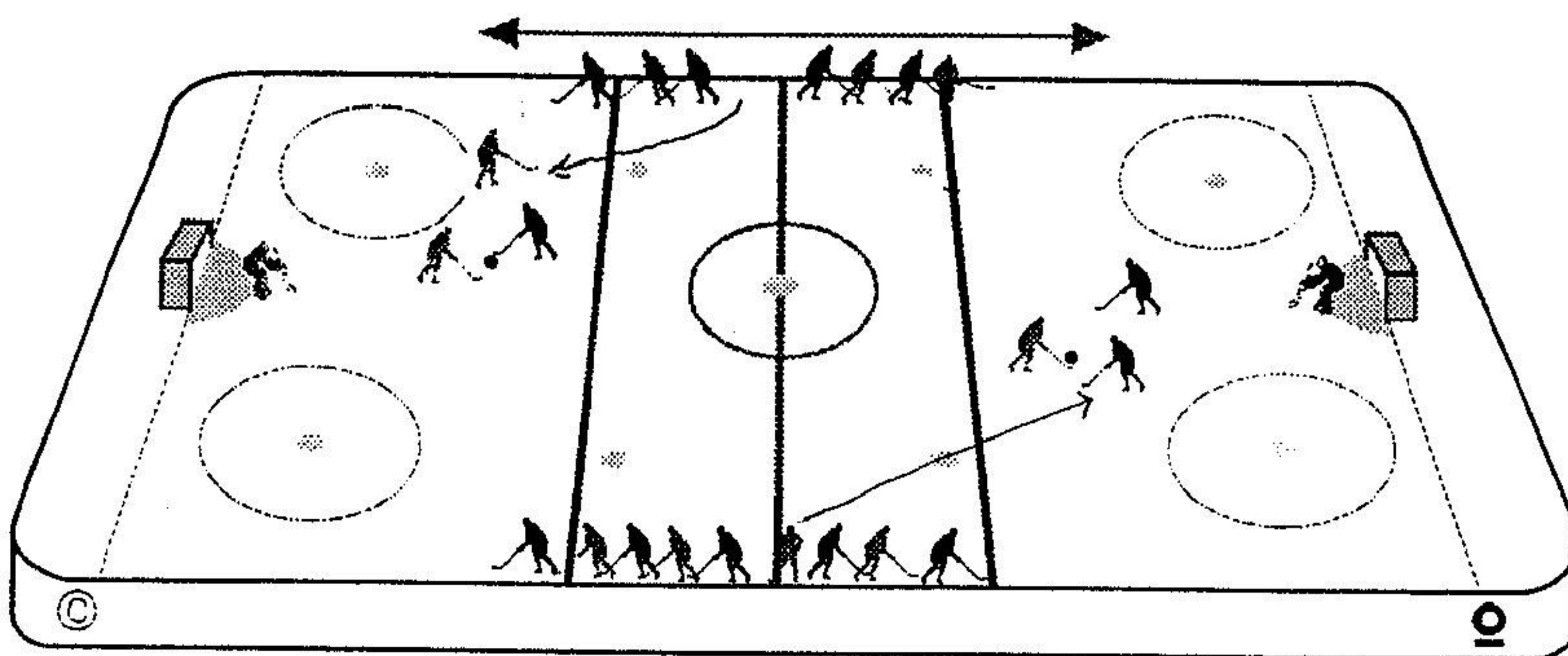
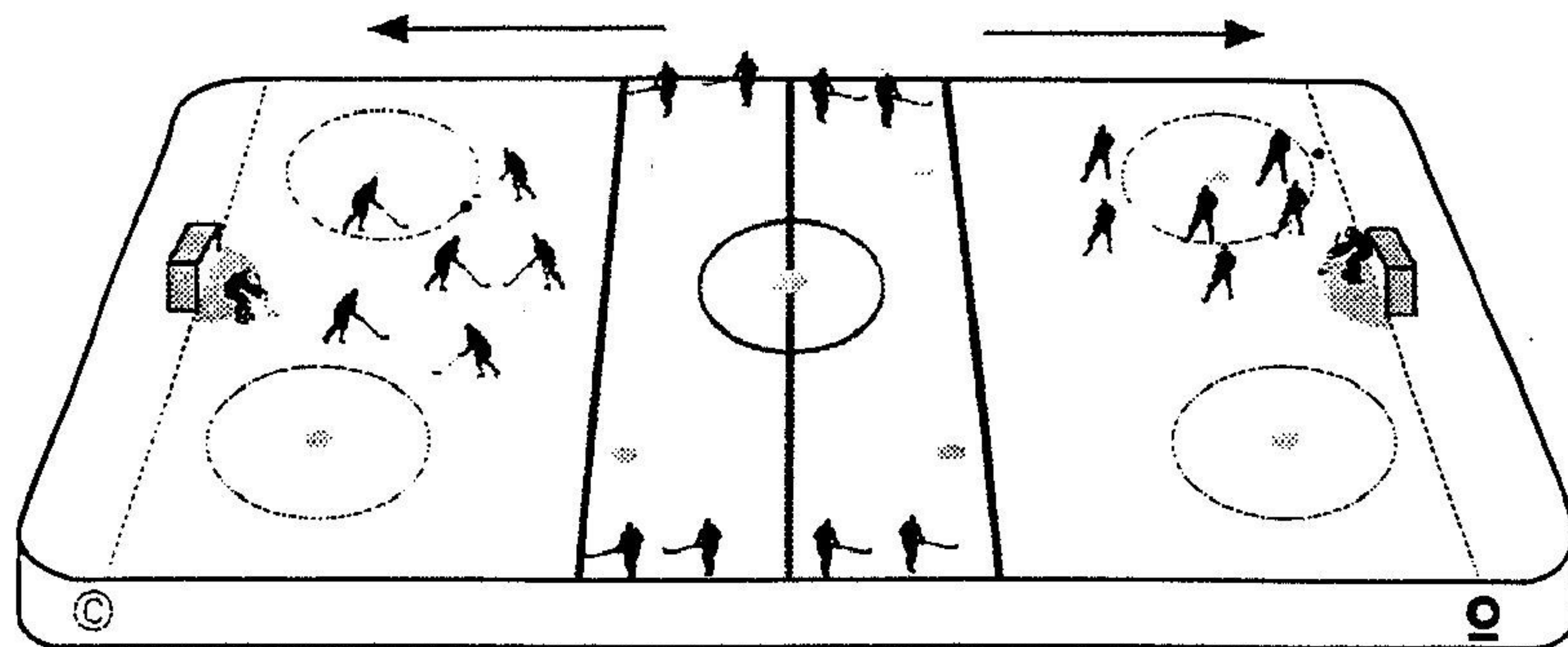
One offensive player attacks one on one versus a defender. A backchecker follows the play from the boards and gives defensive support from a few meters away on the defensive side. When the defense regains the puck the backchecker skates to the red line and turns back trying to score on a new defender who has skated from the line-up on the boards and plays a defensive one on one.

D-3033

↑  
Pick up  
Loose puck  
Play body

CARD 104 B ADV.





CARD 105

Level 3 CONTESTS AND RACES

3. E1, 1-1, SHOOTOUTS

Players line up behind the four face-off dots in the two defensive zones, one team on each side of the ice.

\* One puck each player lined up in a row in the middle of the ice, 1-1 race and score.

\* After each player has gone once each way the team with the most goals is the winner.

E1-3001

CARD 105b

Level 3 CONTESTS AND RACES

3. E1, 2-0, SHOOTOUTS

Players are in all corners:

\* Two leave from one end giving three drop passes after they gain their own blue line, the far blue line and back to their own blue line, cross and drop, and then score.

E1-3002

CARD 106

Level 3 CONTESTS AND RACES

3. E1, 1-0, 2-0, SHOOTOUTS

\* One team on each side of the red line.

\* The first player shoots until a goal is scored, then race back over the blue line and the next player goes.

\* The team at the other end does the same thing.

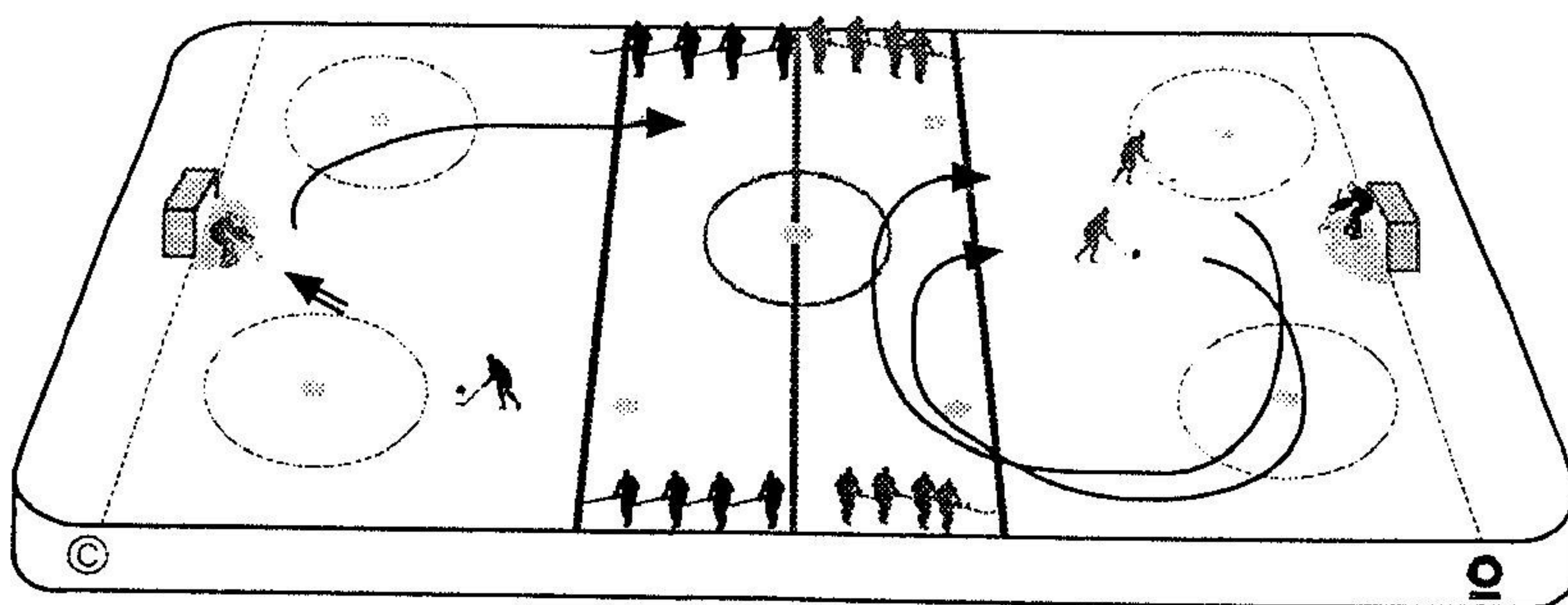
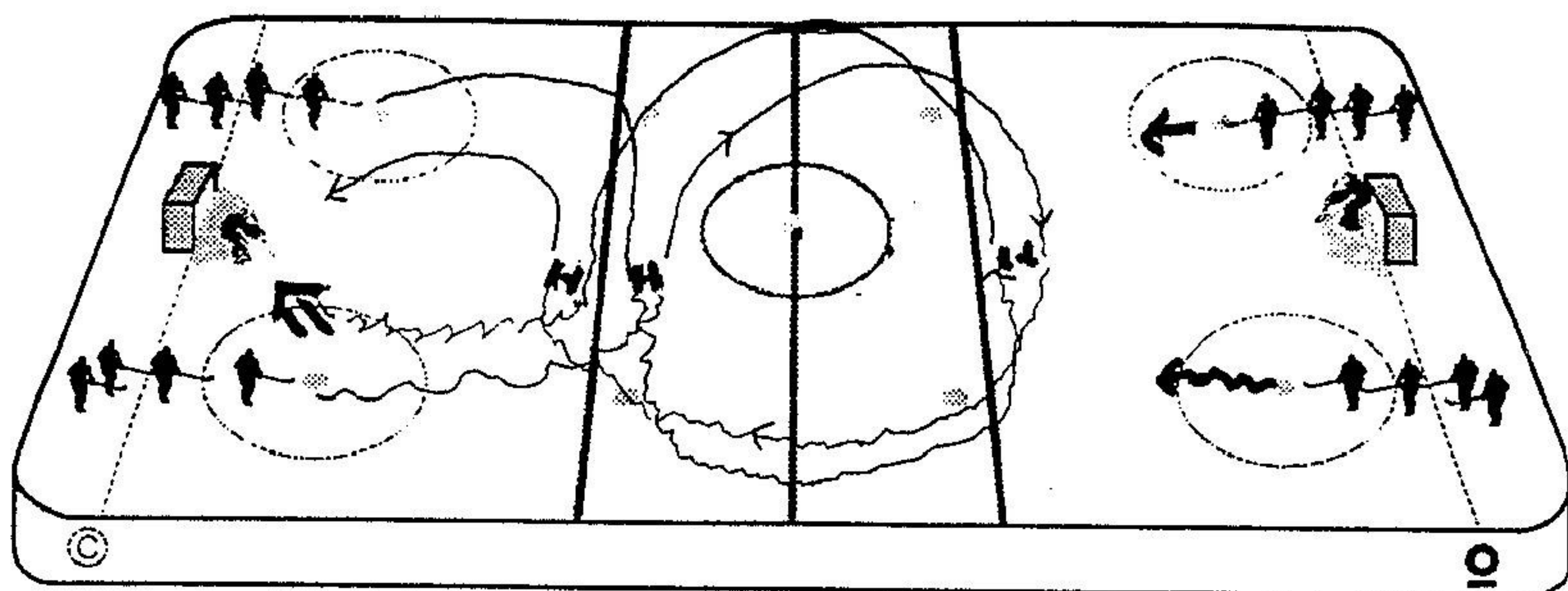
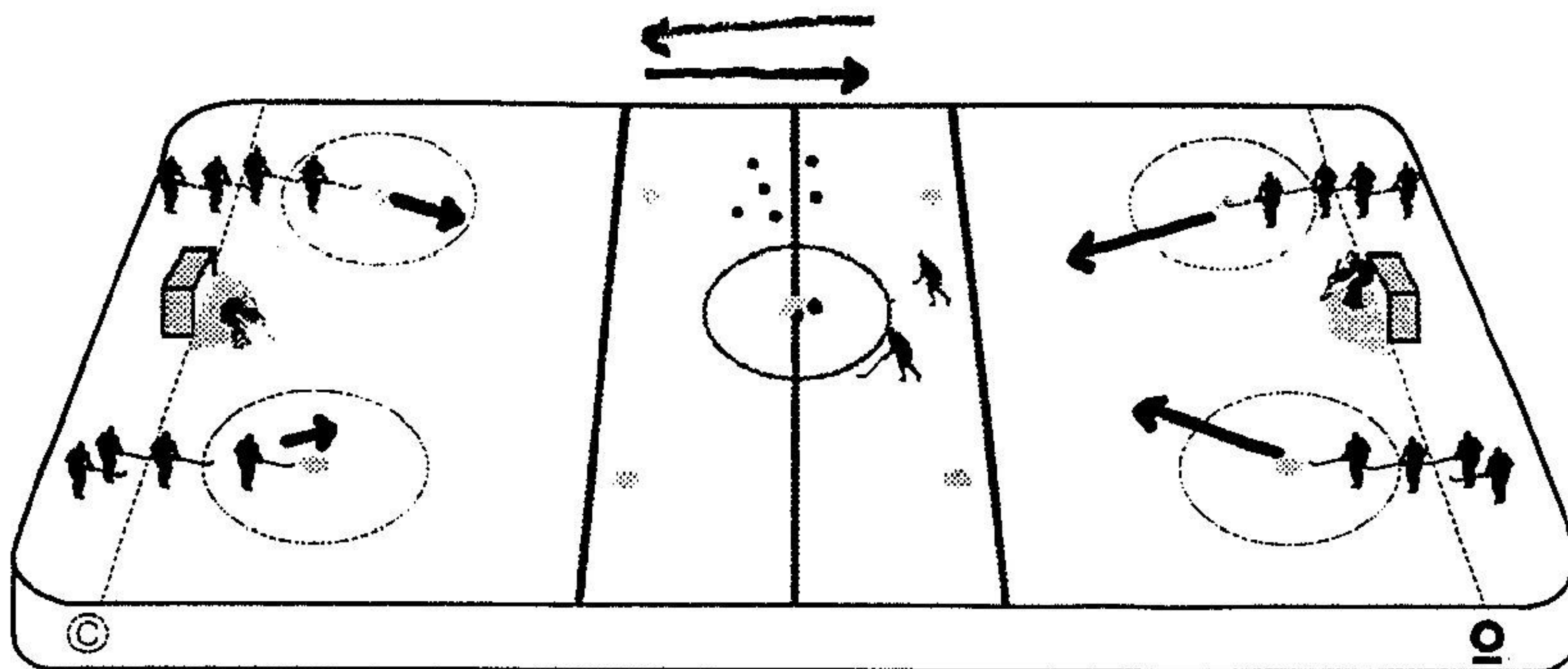
\* The winner is the team with all players scoring first. In the 2-0 both players must score; so after the first goal the players both skate to the blue line and get another puck, then the other player must score.

\* The next players cannot leave until the shooters get on side.

\* The first team to have all of the players score wins.

E1-3003





CARD 107

Level 3 GOALTENDING

3. G1, TECHNIQUE PRACTICE

This goaltending skills practice can be added to any module or during times when the goalie is inactive. The B shooting modules include these topics.

G-3001

CARD 107B

Level 3 GOALTENDING

3. G1, TECHNIQUE PRACTICE

- \* Lateral movement, angle alignment, telescoping.
- \* Playing loose pucks, behind net and racing for free puck.
- \* Maneuvers; single knee and stacking pads.
- \* Maneuvers; splits, layouts.
- \* Using skates for low shots.

G-3002



