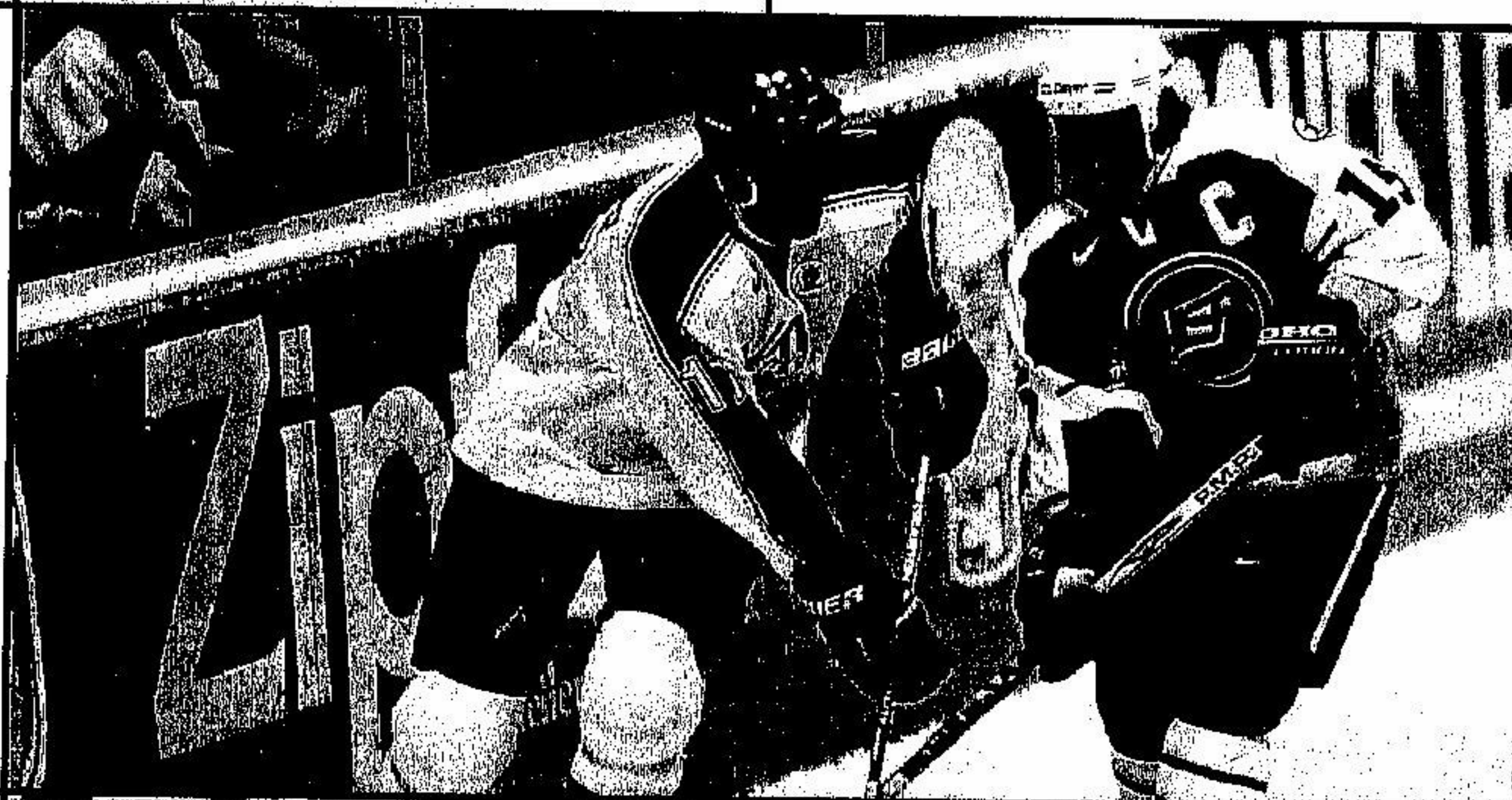
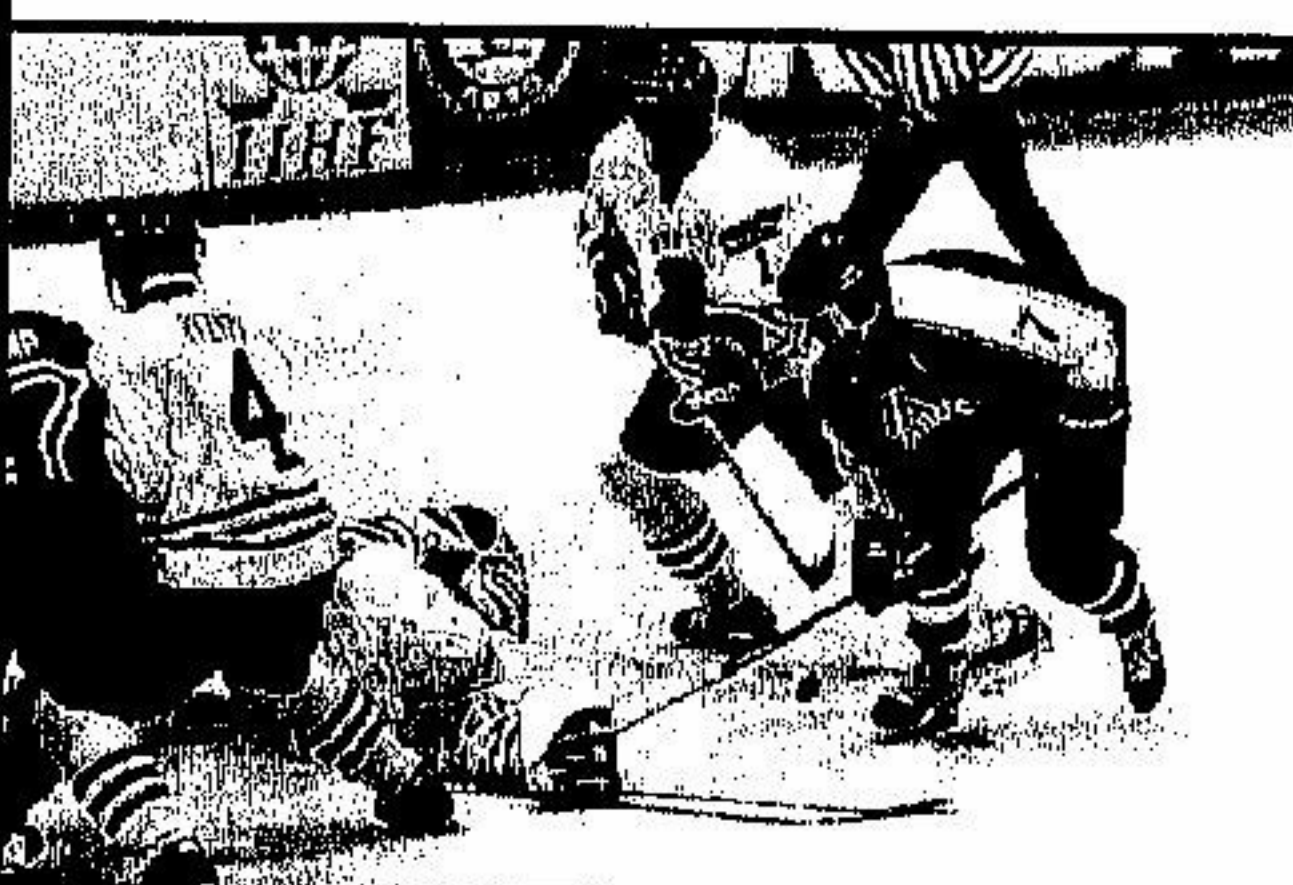


**Juhani  
Wahlsten**

**Tom  
Molloy**



# Das ABC des internationalen Eishockey





## **LEVEL 4**

**The individual skills of the first and third roles are practiced at an advanced level with body checking skills being emphasized. The second playing role of offensive support is emphasized in team play practice. The players are now skilled enough to work on more advanced team play, defensive zone coverage is introduced and the players become more specialized in their positions. Game situations have more transition where the players must read and react to the situation.**

## **LEVEL 4**

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### **COACHING CARD FOR TEACHING INDIVIDUAL SKILLS**

#### **4. Orientation,**

##### **GENERAL PLAYING PRINCIPLES**

- \* Develop big moves separating the upper and lower halves of the body.
- \* The most important response when you get the puck is to drive skate with it to open ice taking three to six quick steps, this changes passing angles and gives you time to make plays.
- \* The best power skating drill is to scrape the ice, or do an activity that mimics scraping.
- \* Protect the puck with the body.
- \* Most players hold their hands too far apart, eliminating the possibility of big moves, restricting the ability to move the puck creatively, this technique makes the bottom hand dominant and causes problems when taking and making passes.
- \* Head and shoulder fakes should be encouraged
- \* Practice quick hands with the puck
- \* Quick feet.
- \* Many players are much too stiff, only the best ones use big moves and fakes, this should be changed by allowing much more game play during practice.
- \* In Finland, Russia and Sweden they work on technique and mini games at early ages, doing skill circuits and tournaments in small areas with special rules.
- \* The four playing roles are a very good way to present the game and evaluate players.



## 108 Level 4 BASIC SITUATIONS

### 4. C2, BASIC FORMATION

In C2 the players are lined up in a row in the neutral zone on one side of the boards facing the goal in their half of the ice.

\* The players leave the line skating 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 opposite net. This formation can be used for A and B drills then move into more complex C exercises.

In the middle of the exercise the row turns to face to the other goal and the puck the corner and the same drills are to be executed to the other direction.

C2-4001

## 108b Level 4 BASIC SITUATIONS

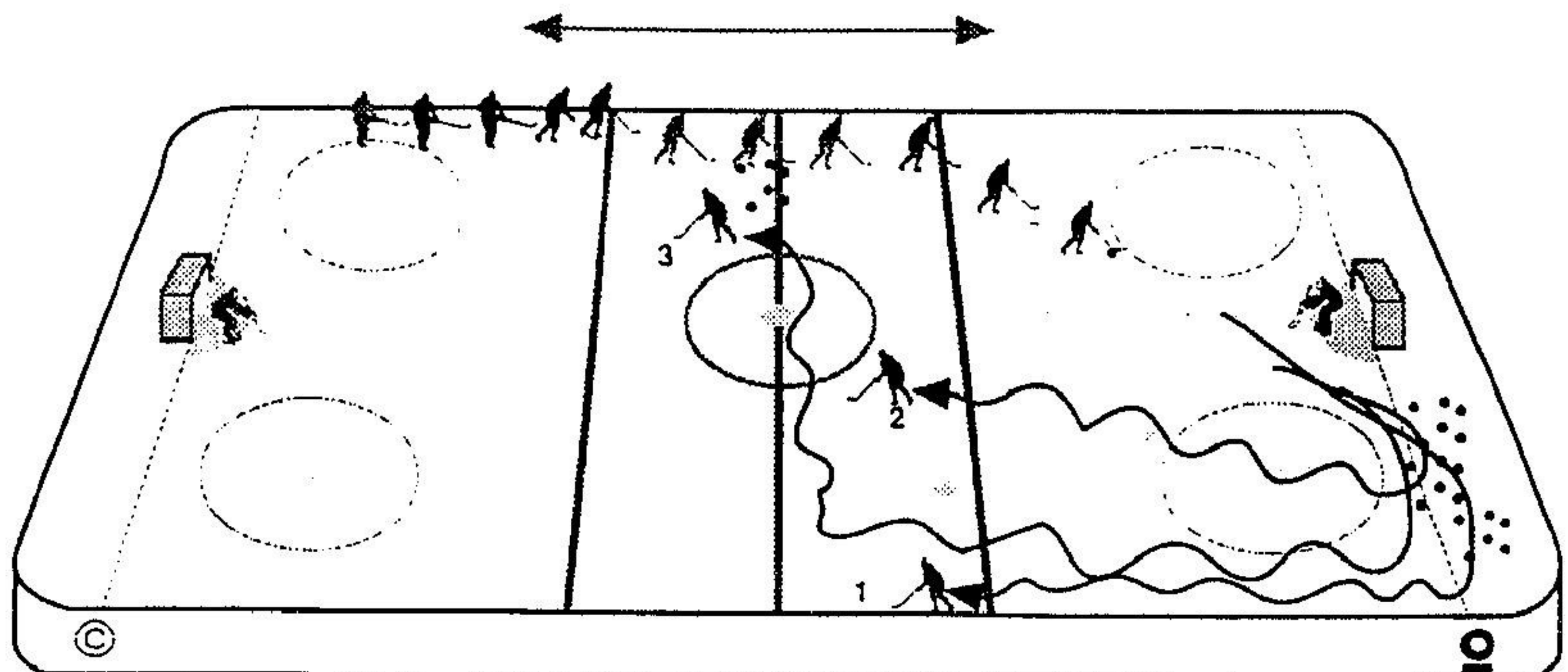
### 4. C2, Orientation

C2 formation should be used for the exercises in which a minimum of three players are active.

\* All the game situations can be taught and repeated such as: 2-1, 1-2, 2-2, 3-1, 3-2, 2-3 as well as regrouping, not leaving the zones too early, shoot in situations, etc.

\* All the individual basics habits and skills such as having feet moving, facing a puck, having stick on the ice etc. should constantly be paid attention to by the coach.

C2-4002





#### **109 Level 4 LEARNING THE GAME**

##### **4. C2, Role One, WARM UP ROUTINE**

The players are lined up in C2 formation .

\* Everybody has a puck and the other pucks are in the corner. Five players leave the line and shoot from the different lanes. The side (lane 1), middle (lane 2) and the wide line (lane 3).

\* After taking a shot each player picks up the a new puck and carries it to the other end. At the red line number one takes lane one, number two skates along the red line and takes the middle lane (2), three skates to the far lane three (3), number four takes trails in lane one (1) and number five lane follows skating down lane three (3).

\* Different individual puck carrying and shooting routines such as varying skating techniques, using only one side of the blade and shooting routines using different shots etc. The goalie gets the shots from different angles and distances.

**C2-4003**

#### **109B Level 4 LEARNING THE GAME**

##### **4. C2, BREAKOUT ROUTINES 1-2-3-4-5**

First one, then two, three then four players leave after the first player takes a shot on net. Start by shooting the puck on net, or deep into the zone and make the following number of passes. Finish with a shot on the goal at the other end of the ice.

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

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

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

\* 4-0, with a maximum of three passes before shooting.

\* 5-0, with a maximum of four passes before shooting

\* Start from the other end of the line and go in reverse order of 5-4-3-2-1, doing the same amount of passes. Some important ideas are for the defensemen to work on the first pass, to his defense partner (a reverse or bank), once to the strong side boards (counter or direct pass), once to the middle and one rim. In the next rotation practice the other option.

**C2-4004**

#### **110 Level 4 LEARNING THE GAME**

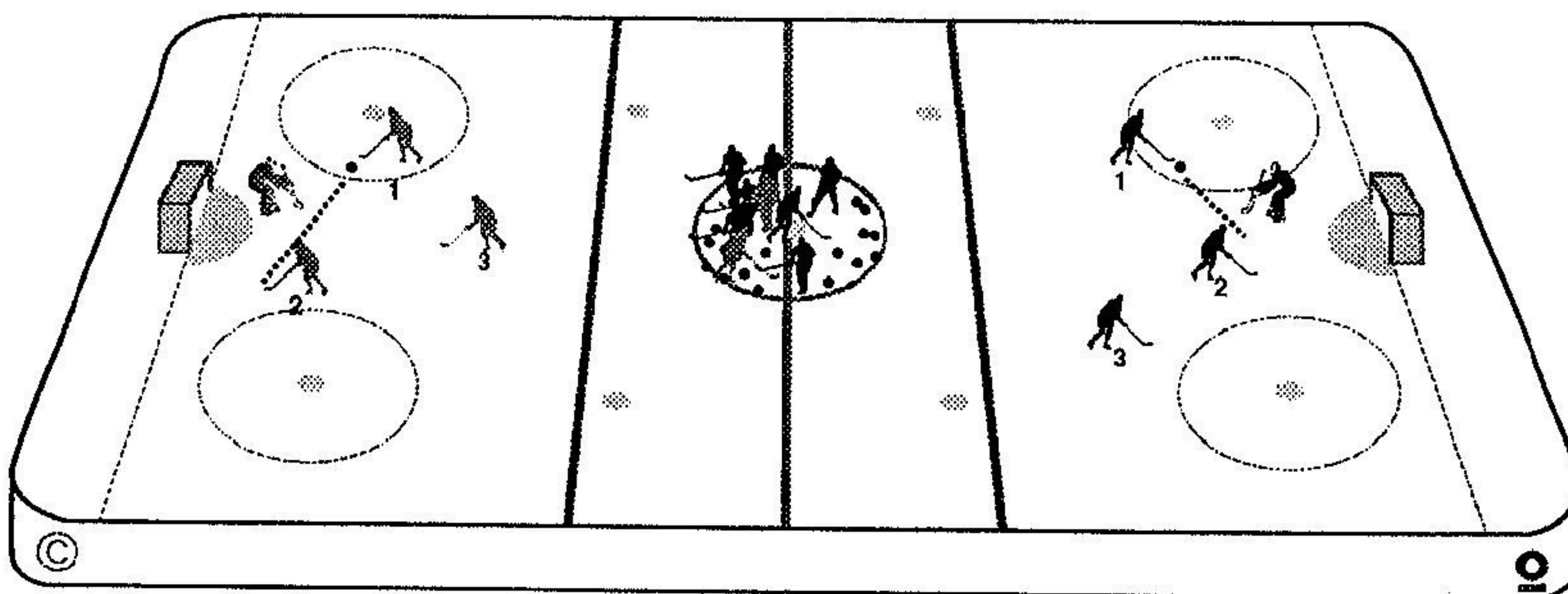
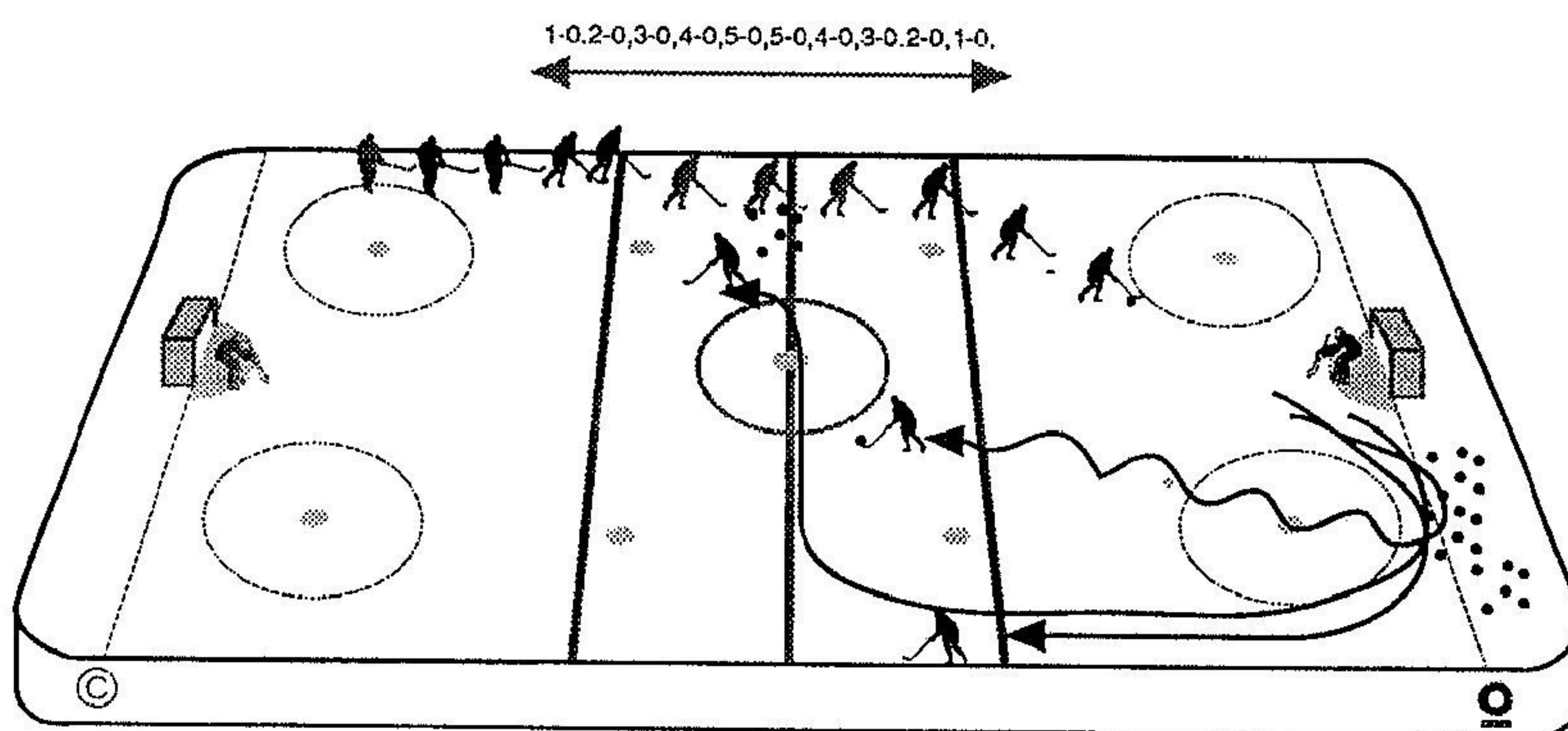
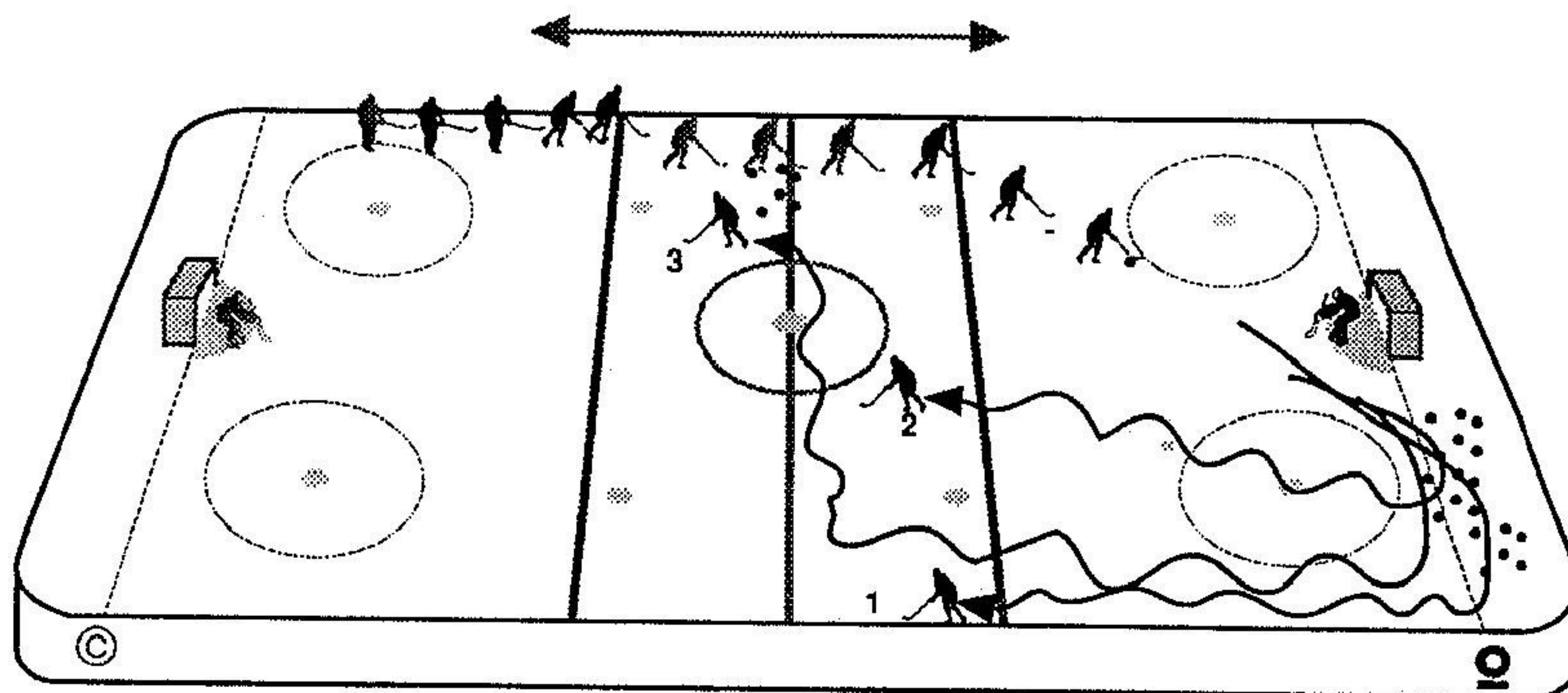
##### **4. B5, 3-0, SHOOTING ONE TIMER LEARNING 1-2-3 PRINCIPLE**

\* Number one (1) leaves and skates to a wide lane and gets a pass from number two (2), after passing number two (2) rushes to the far post and at the same time the third (3) player trails and makes a triangle. The shot on next must be a one timer.

\* The players have maximum three passes to score.

**B5-4001**







**110b Level 4 LEARNING THE GAME**

**4. B5, 3-0, SCORING**

- \* Three players work together.
- \* Number three (3) shoots the puck into the corner.
- \* One (1) picks up the puck and starts to skate around the net using a scootering technique while carrying the puck.
- \* One (1) can wrap around or pass to number two (2) or number (3) who form a triangle by moving away from the net, toward the face off dots.
- \* The players have maximum one pass to score.
- \* Only one timer shot are allowed.

**B5-4002**

**111 Level 4 LEARNING THE GAME**

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

**HALF ICE GAME OF 3 on 3 WITH THE DEFENDING TEAM SKATING BACKWARD**

In this game the entire defending team skates backwards and makes a defensive triangle in front of their net, playing as if they were killing a penalty. The idea is to play so that every player protects the middle lane facing the opponent and stays on the defensive side between the opponent and the goal.

**D-4001**

**111b Level 4 LEARNING THE GAME**

**4. B500, Role Three,**

**LEARNING TO GO INTO THE CORNER TO GET THE PUCK**

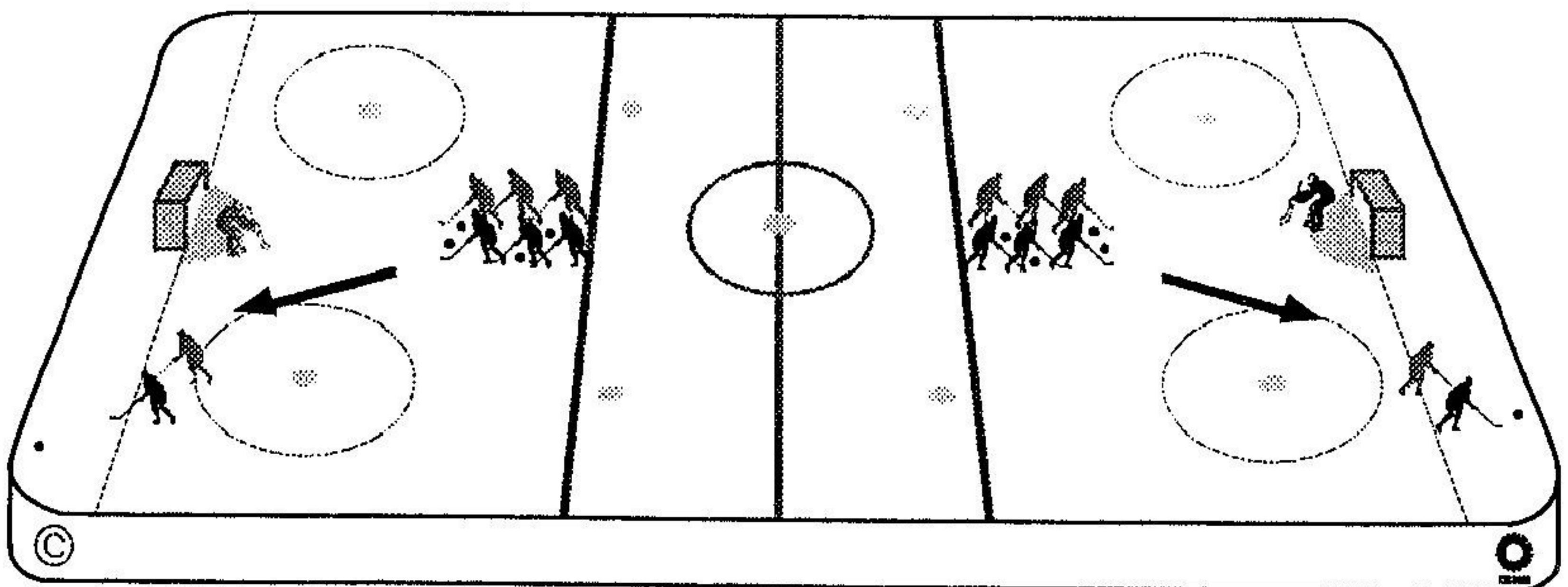
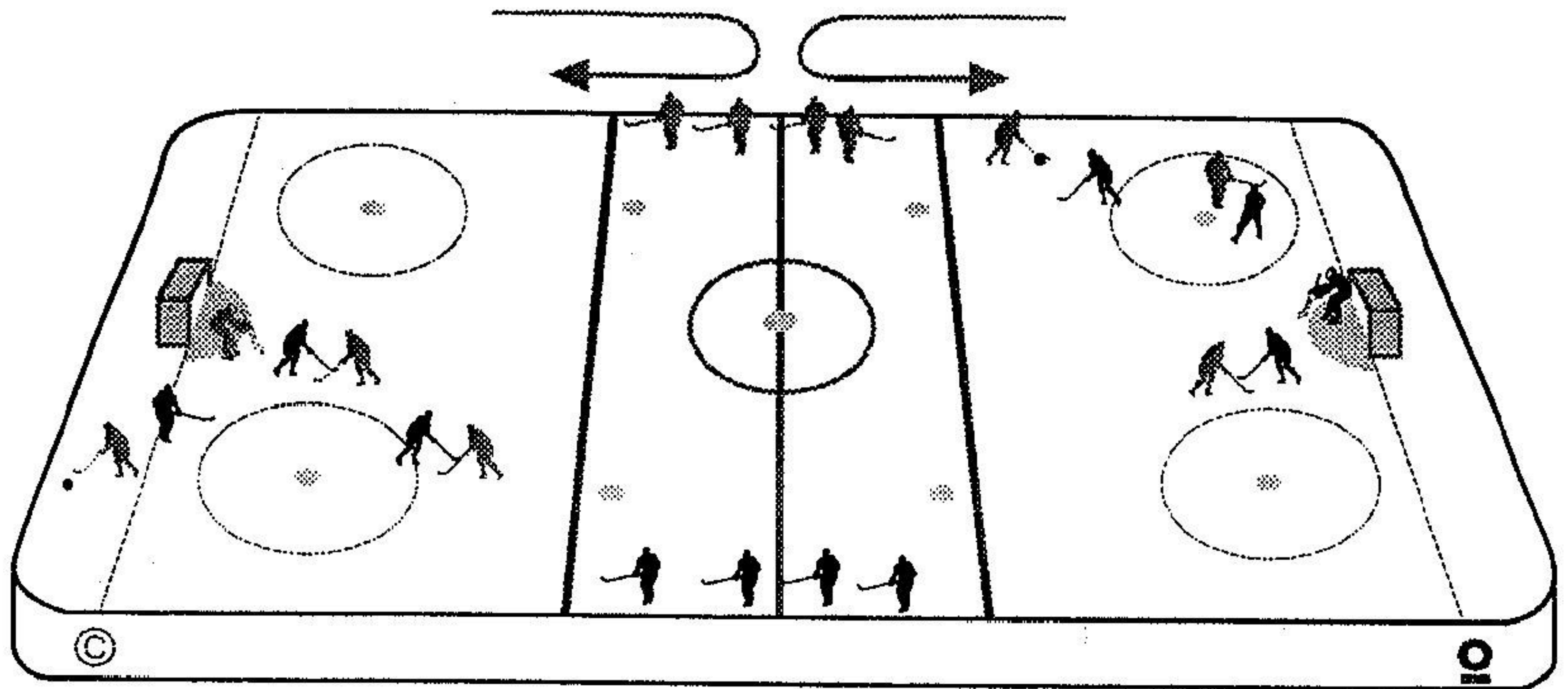
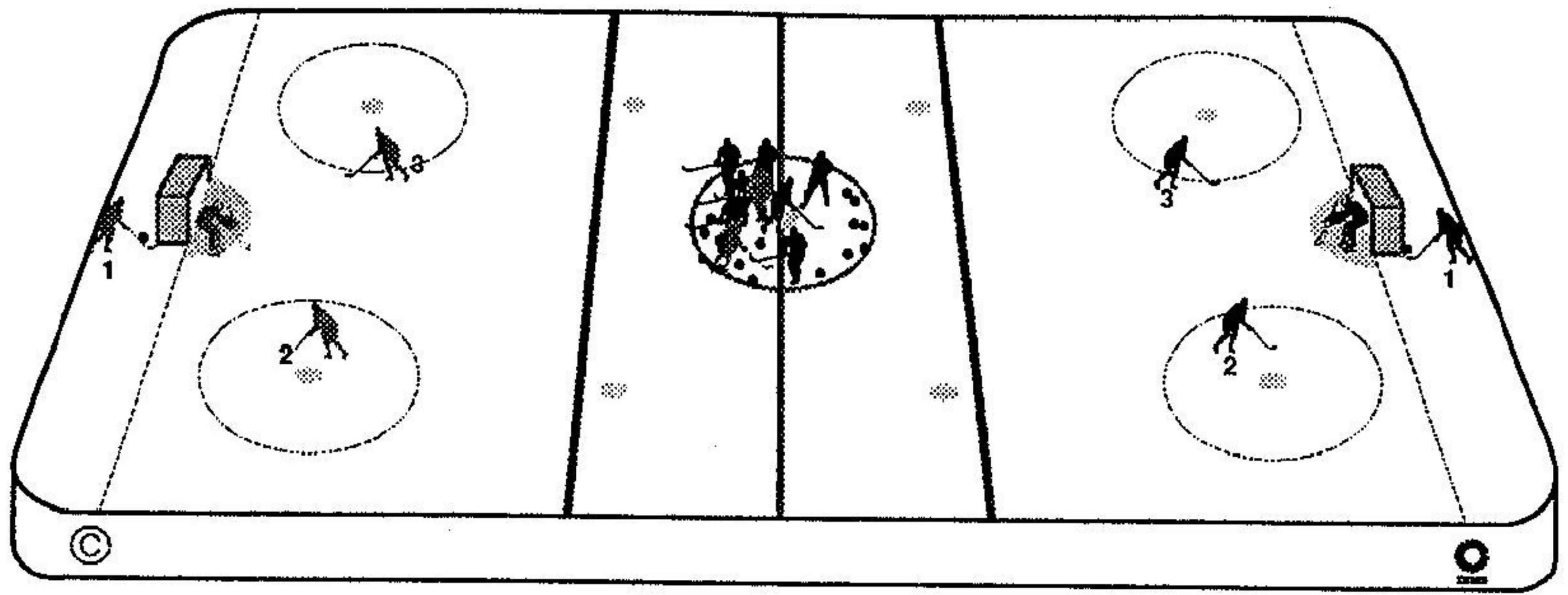
Have the players line up in front of the net in two lines.

- \* First practice skating into the corner and picking up a puck that is placed in the corner by the coach. The players should skate in at about a 45 degree angle and look back in both directions before he goes into the corner.

- \* Next the player dumps the puck into the corner and practices going in at an angle and picking up the puck.

**B500-4001**







**112 Level 4 LEARNING THE GAME**

**4. B500, orientation,**

**INDIVIDUAL DEFENSIVE SKILL - PRINCIPLES**

1. Never go into the corner straight, always skate in at an angle first looking behind you in both directions.
2. Use skate and shoulder fakes so the checker doesn't know which way you are going to turn.
3. When getting hit skate tight to the boards with the knees bent.
4. Take the check with loose shoulders and protect the puck with your skates.
5. If it is a big hit protect yourself by putting your hands up on the glass while holding the stick with both hands. This prevents shoulder injuries.
6. If the opponent is close try to gain an advantage by making contact before going into the corner. This protects the player from being crushed into the boards and knocks the opponent off balance for a moment.

**B500-4002**

**112b Level 4 LEARNING THE GAME**

**4. B500, Role Three,**

**BATTLING FOR THE PUCK IN THE CORNER**

The players line up in two lines in front of the net. The offensive player dumps the puck into the corner and the two players fight for possession of the puck.

\* On the way to the corner the player should bump the opponent to knock him off balance and to protect against getting run into the boards.

\* The defensive player should try to hit and pin and always stay on the defensive side of the attacker.

**B500-4003**

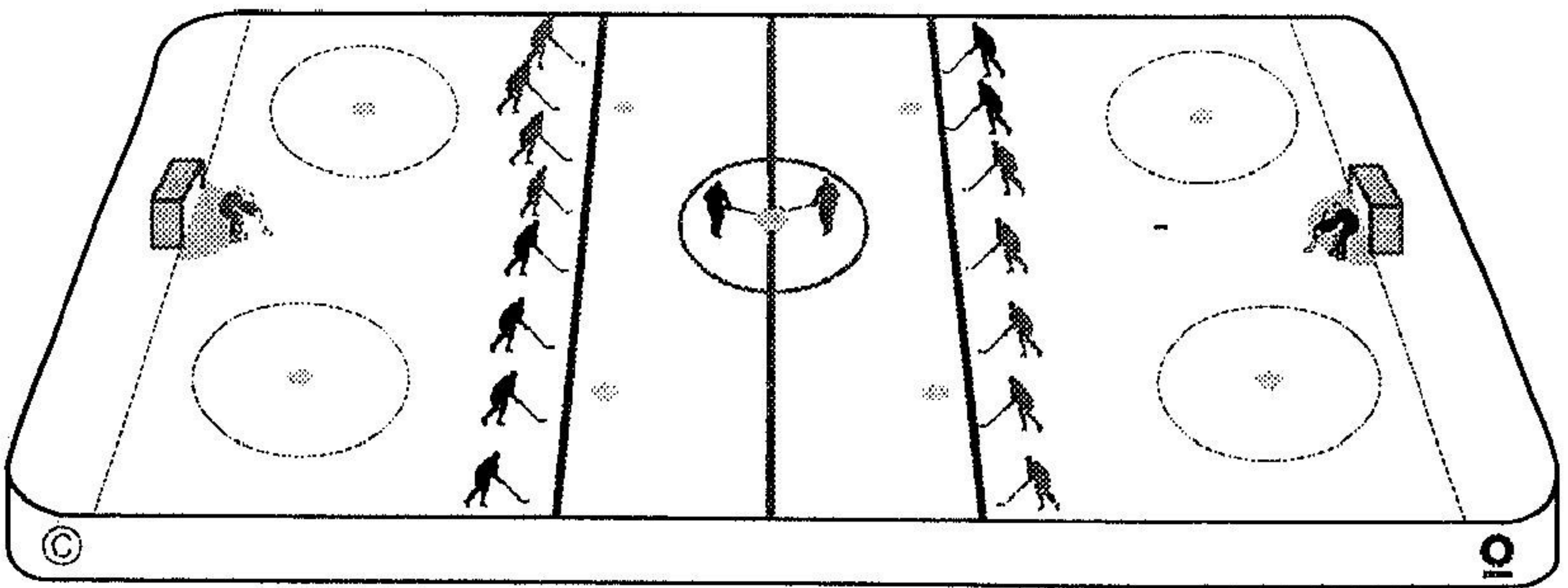
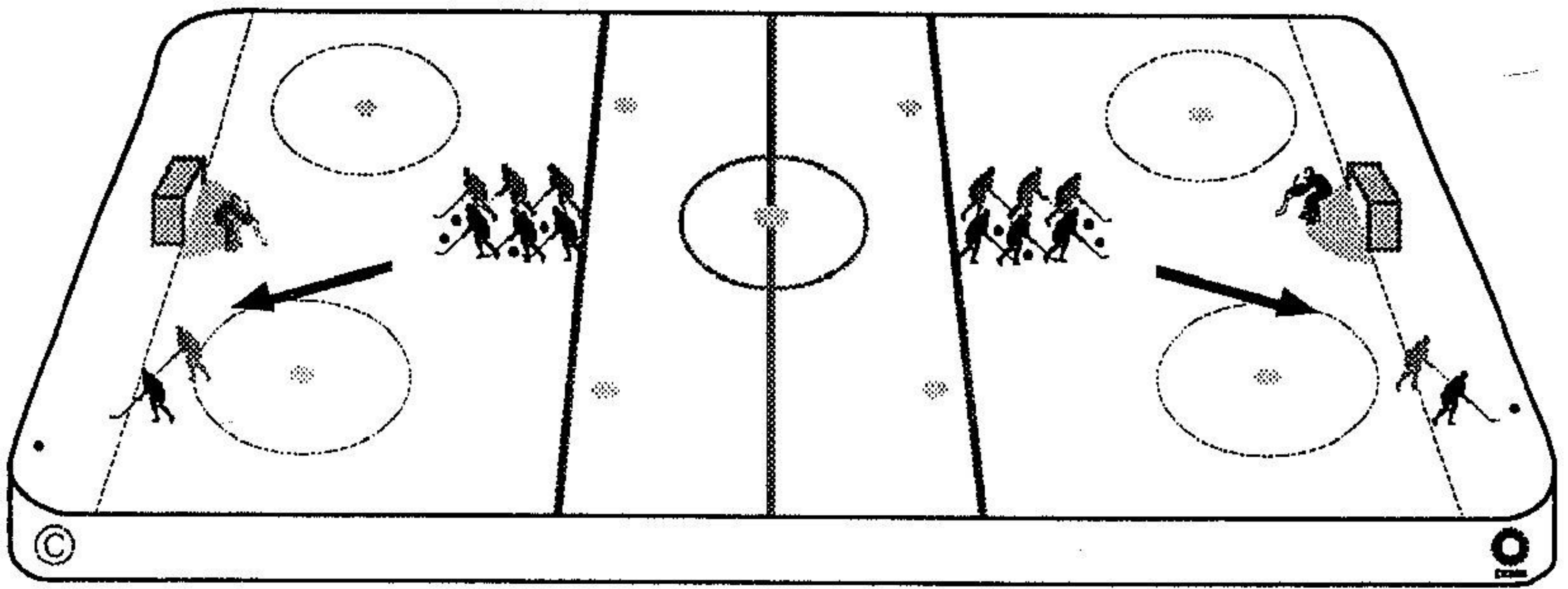
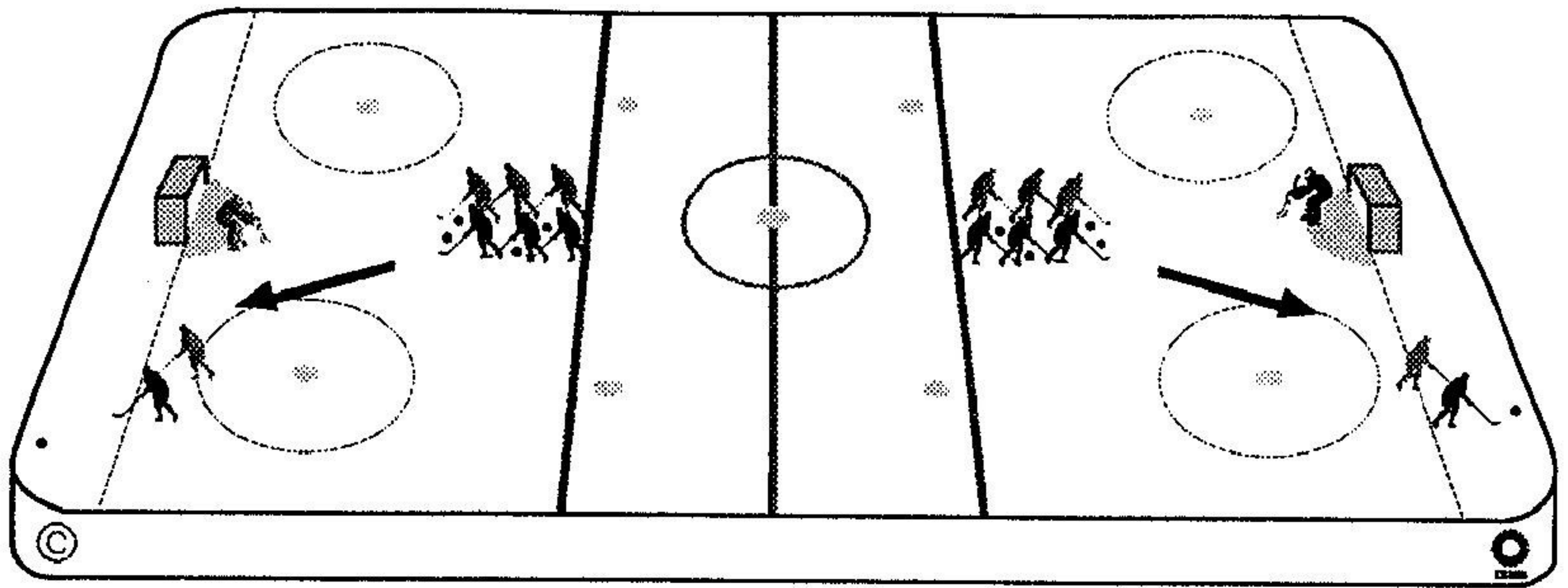
**113 Level 4 BASIC SKILLS: DEFENSE**

**4. B3, ORIENTATION TO THE BASIC FORMATION**

Line up the players along each of the blue lines. The coaches demonstrate from the middle along the red line. Show various checking techniques and the players repeat them with a partner. Make contests out of the exercises by timing the battles or trying to win 2 of 3 etc.

**B300-4001**







**113b Level 4 BASIC SKILLS: DEFENSE**

**4. B3, Role Three,  
STICK WRESTLING**

Two players put their sticks together face each other, holding the sticks horizontally at shoulder height. On the whistle the two players battle trying to overpower each other by twisting the sticks from side to side. Have three rounds of ten seconds each.

**B300-4002**

**Level 4 BASIC SKILLS: DEFENSE**

**4. B3, Role Three,  
STICK TUG A WAR**

Two players face each other and hold the end of a stick in each hand. The players now to see who can pull the other player over the blue line. Have a two out of three competition.

**B300-4003**

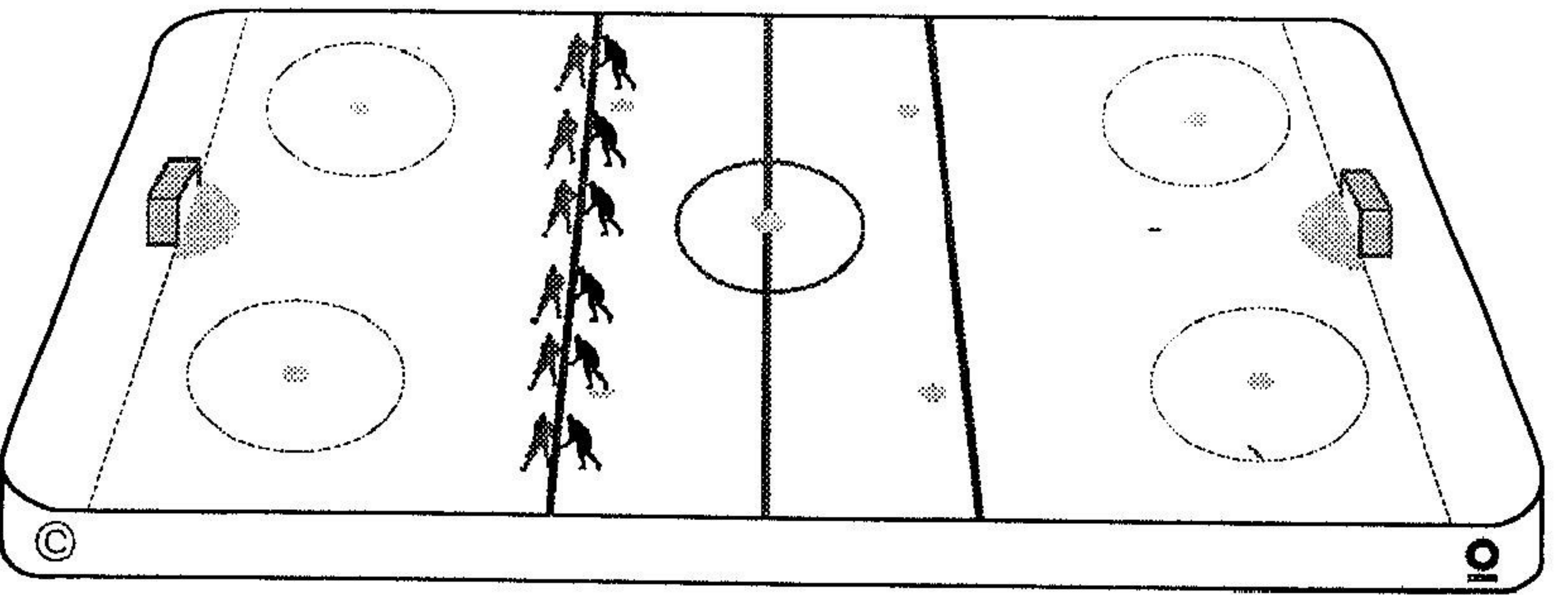
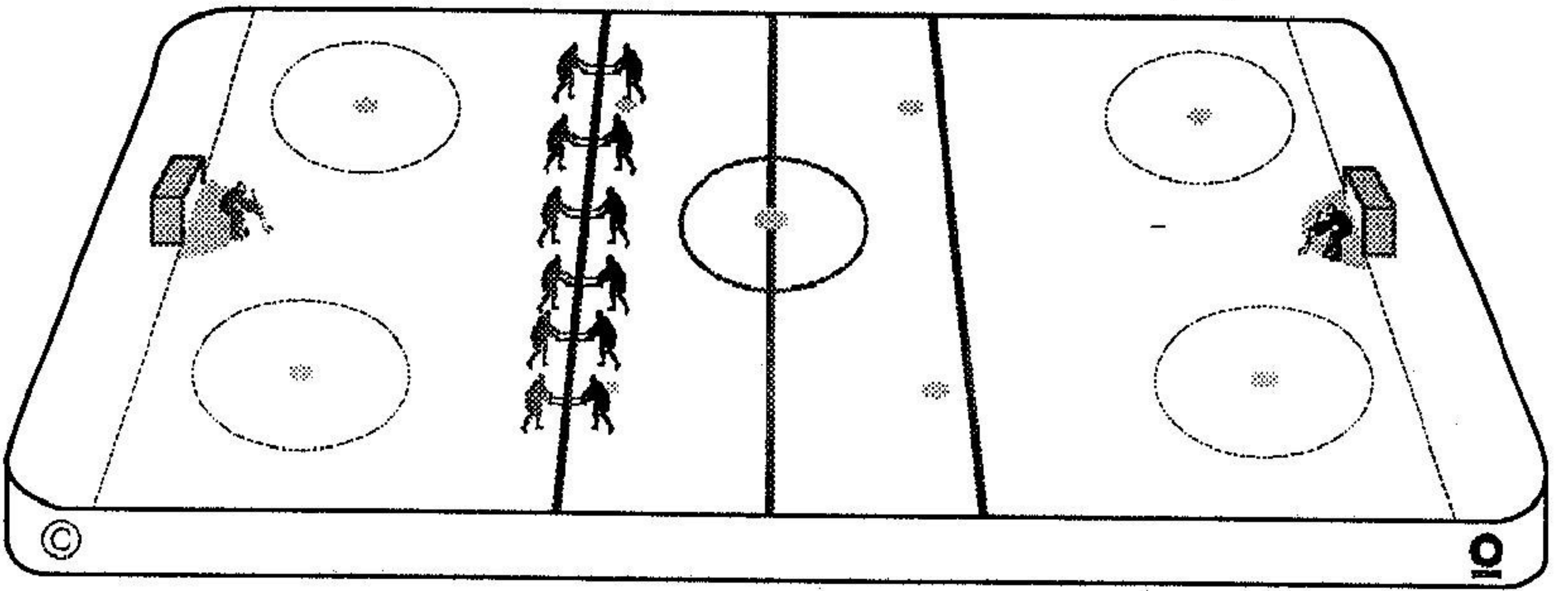
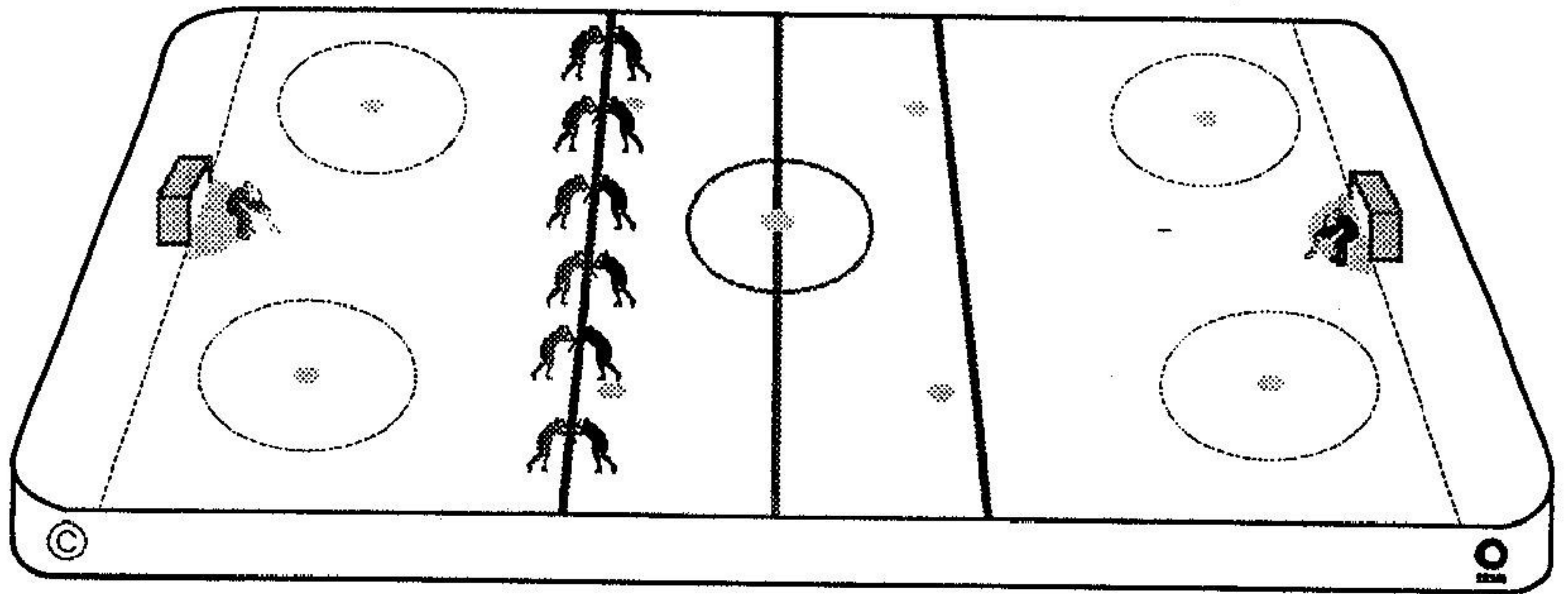
**114 Level 4 BASIC SKILLS: BODY CHECKING**

**4. B3, Role Three,  
SHOULDER CHECK**

While facing each other at the blue lines, the players practice the shoulder check. One player acts as the defensive player and approaches his partner head on. The checker bends his knees and then extends the back leg forward, driving the tip of one shoulder into the chest of his partner. The partner now repeats the same thing.

**B300-4004**







**114b Level 4 BASIC SKILLS: BODY CHECKING**

**4. B3, Role Three,**

**WEIGHT TRANSFER AND BALANCE IN BODY CHECKING WITH HANDS JOINED**

Line players up in partners the length of the ice.

- \* The players are in the B3 position in two lines across from a partner in the neutral zone.
- \* The players hold hands with a partner and skate forward slowly. On every third stride the players bend their knees and bump inside shoulders.
- \* When they get to the goal line they separate and skate down the outside lane switching sides when they get to the back of the line. Now they repeat hooking arms and bumping using the other shoulder.

**B500-4005**

**115 Level 4 BASIC SKILLS: BODY CHECKING**

**4. B3, Role Three,**

**WEIGHT TRANSFER AND BALANCE IN BODY CHECKING WHILE APART**

The players are paired in the B3 formation at one end.

- \* The players skate forward slowly with a partner about two meters apart. On every third stride the players bend their knees and bump inside shoulders.
- \* When they get to the goal line they separate and skate down the outside lane switching sides when they get to the back of the line.
- \* Now they repeat skating and bumping using the other shoulder.

**B500-4006**

**115b Level 4 BASIC SKILLS: PUCK HANDLING**

**4. B3, Role Three,**

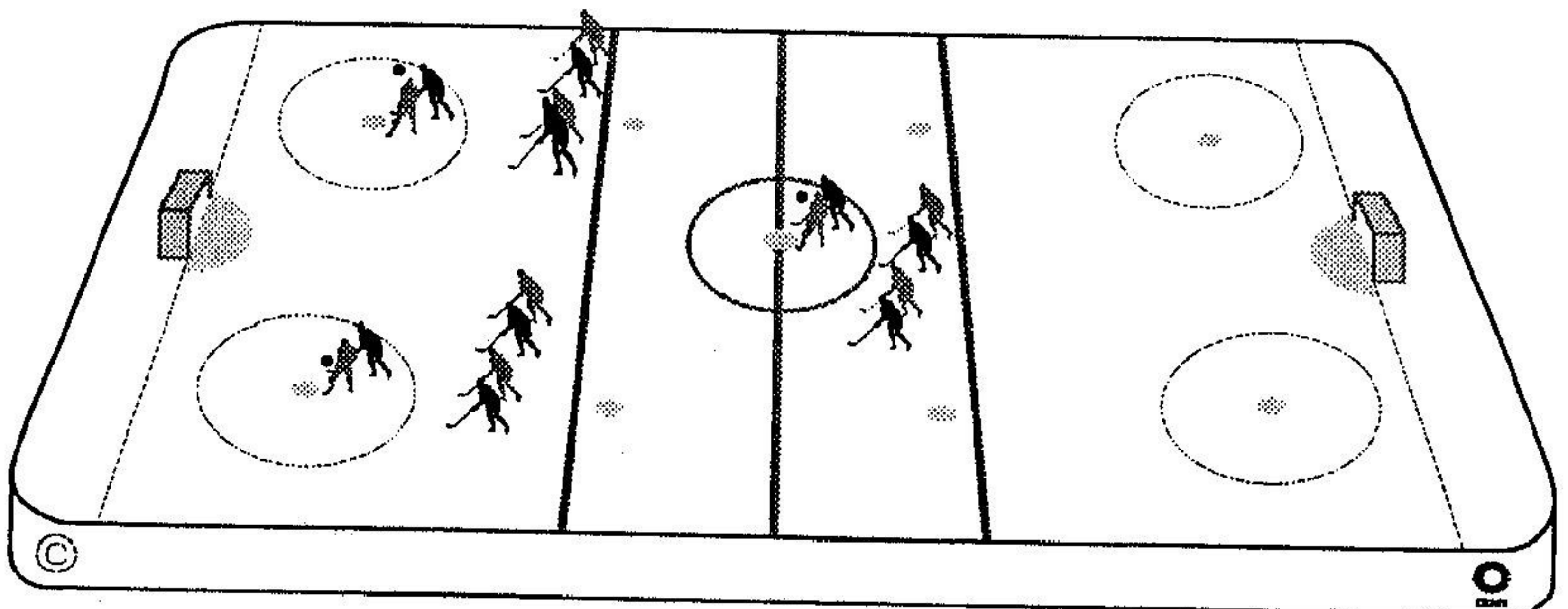
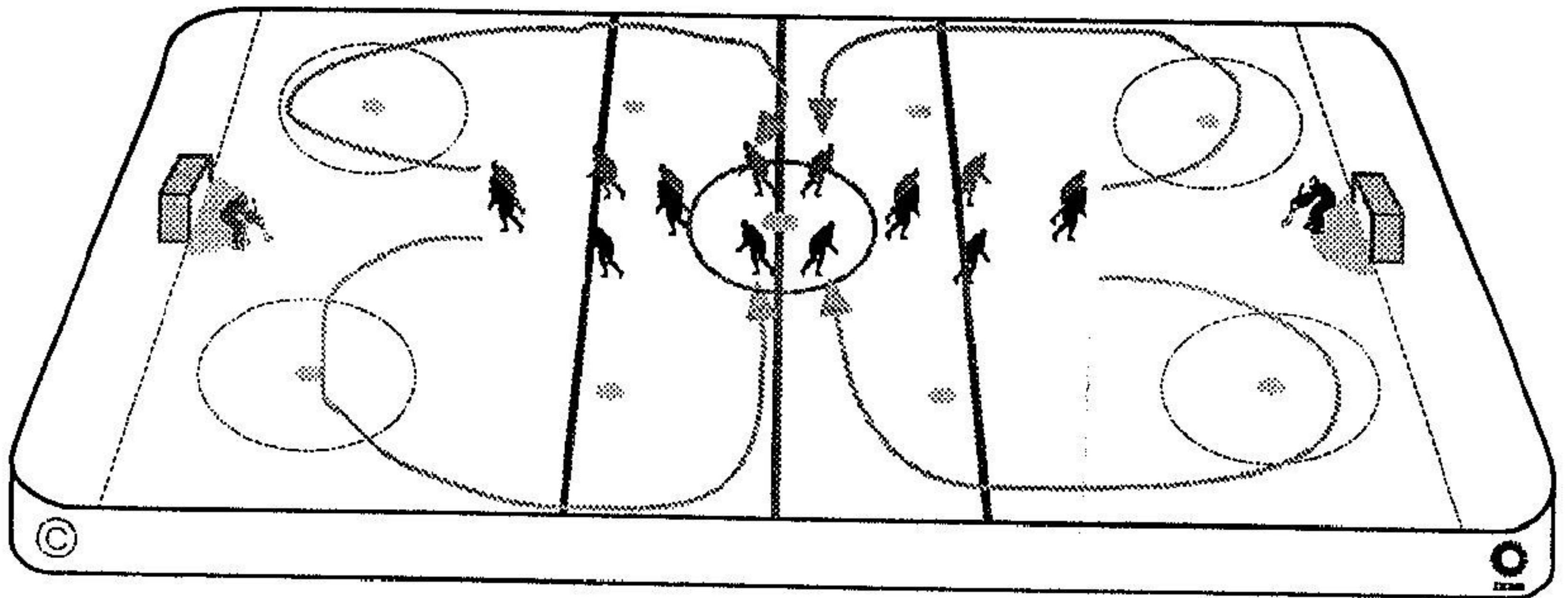
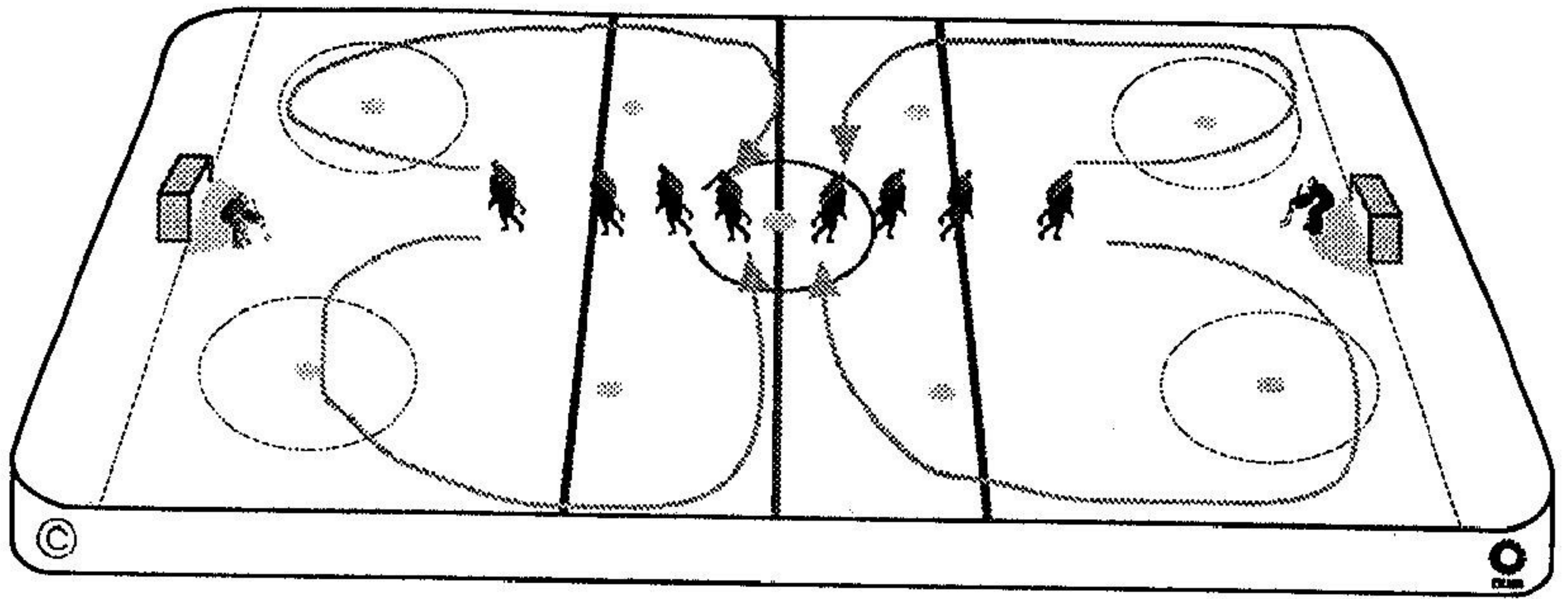
**PROTECT THE DOT BY BLOCKING**

A group of players go to each face off circle.

- \* Have a tournament where they have 1 on 1 contests to protect a puck place on top of the face off dot.
- \* The attacker gets 10 seconds to get the puck. The defender must block the attacker by playing a tight gap and keeping his shoulders square to the attacker.

**B7-4001**







**116 Level 4 PLAYING SKILLS: DEFENSE**

**4. B3, Role Three,**

**KEEP THE DEFENSIVE SIDE WITH SHOULDERS SQUARE TO BLOCK THE OPPONENT**

The players leave from one end of the ice.

\* Place a pylon at the front of the goal crease. Put the nets against the boards.

\* The first player skates backwards and blocks the second player from touching the pylon at the other end.

\* If the attacking player gets around the defender before the far blue line, then he skates backwards and protects the pylon.

\* The defender must have as much speed as the attacker and stay on the defensive side by protecting the middle lane and always facing the attacker with his shoulders. Hands should be against the defenders chest when he makes contact.

**B500-4006**

**116b Level 4 PLAYING SKILLS: FORECHECKING**

**4. A3, Role Three,**

**LEARNING TO ANGLE CHECK**

Players work in pairs in A300 formation along the boards the inside player has a puck. The players all go in one direction and alternate checking each other. After a few minutes the players practice going in the opposite direction.

**A300-4001**

**117 Level 4 PLAYING SKILLS: FORECHECKING**

**4. A300, Role Three,**

**RUB OUT ANGLE CHECK WITH INSIDE LEG IN FRONT**

The players are in pairs along the boards in A3 formation.

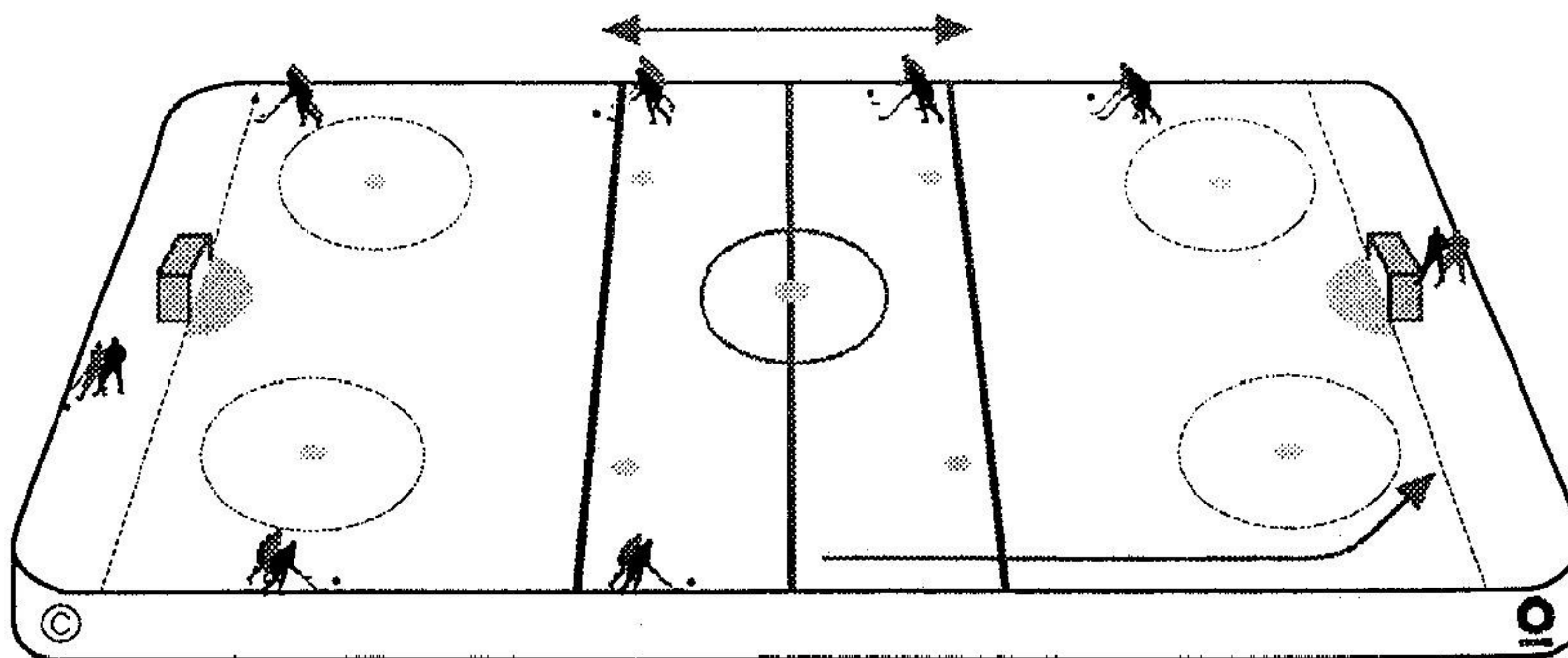
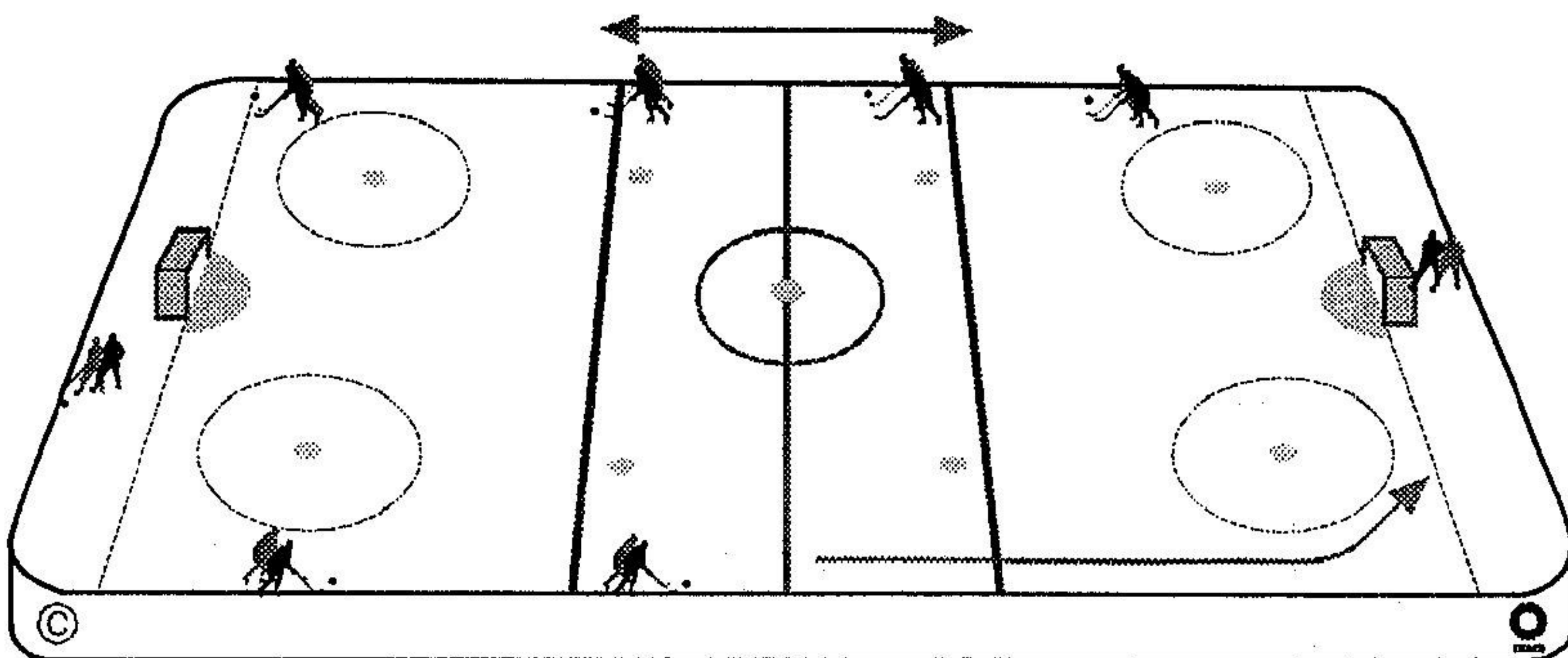
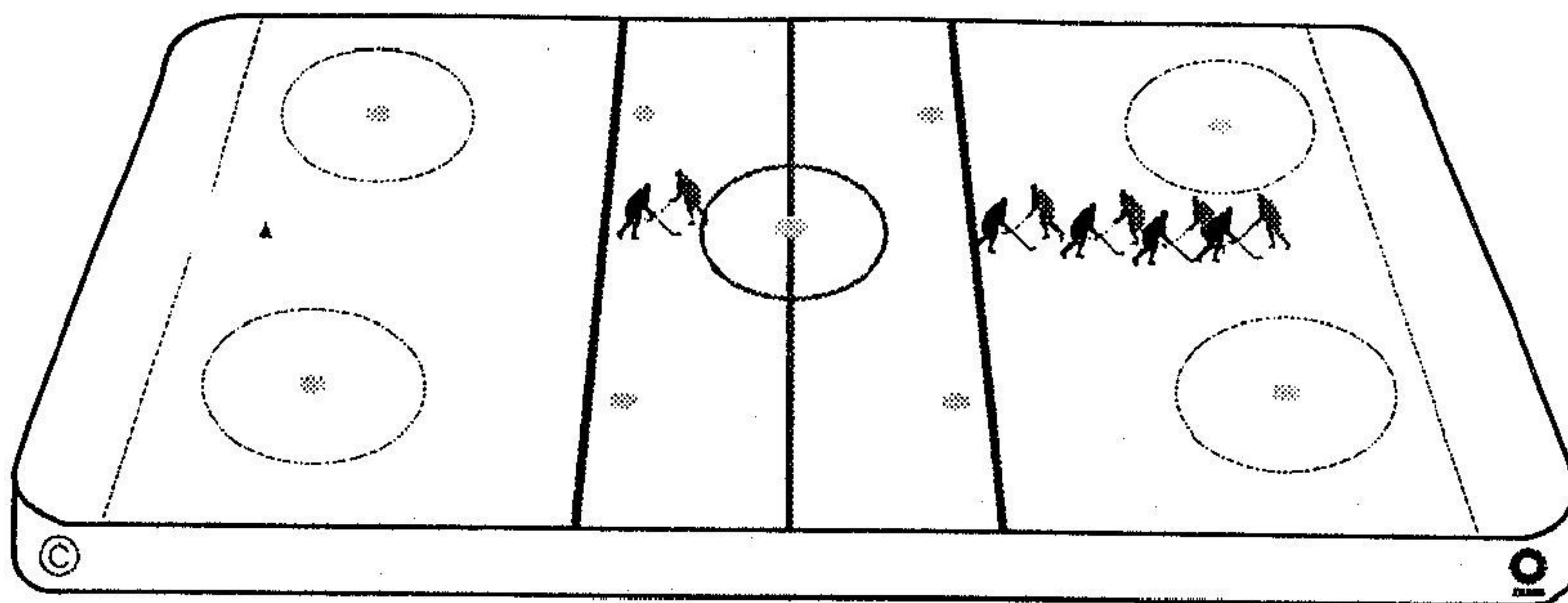
\* The players start by skating slowly clockwise along the outside of the boards, after practicing everything one way go the other direction.

\* The player on the inside has a puck and the other player is the checker. The checker approaches the puck carrier from about a half stride behind and angles towards the back shoulder of the puck carrier.

\* The checker makes contact with the inside shoulder and leg leading, squeezing the puck carrier into the boards. The checker then picks up the loose puck.

**A300-4002**







**117b Level 4 PLAYING SKILLS: FORECHECKING**

**4. A300, Role Three,**

**RUB OUT ANGLE CHECK WITH INSIDE LEG IN FRONT AND STICK LIFT**

The checker now approaches in the same way, angling off the back shoulder. The checker makes contact and lifts the puck carrier's stick with his stick and takes the puck. This check is used in the neutral and offensive zone. The goal is to produce a turnover.

**A300-4003**

**118 Level 4 PLAYING SKILLS: FORECHECKING**

**4. A3, Role Three,**

**ANGLE CHECK AND STICK PRESS**

The checker approaches the puck carrier angling off the back shoulder and makes contact while pressing the puck carrier's stick with his stick towards the puck carrier's skates. The checker picks up the loose puck.

**A300-4004**

**118b Level 4 PLAYING SKILLS: FORECHECKING**

**4. A3, Role Three,**

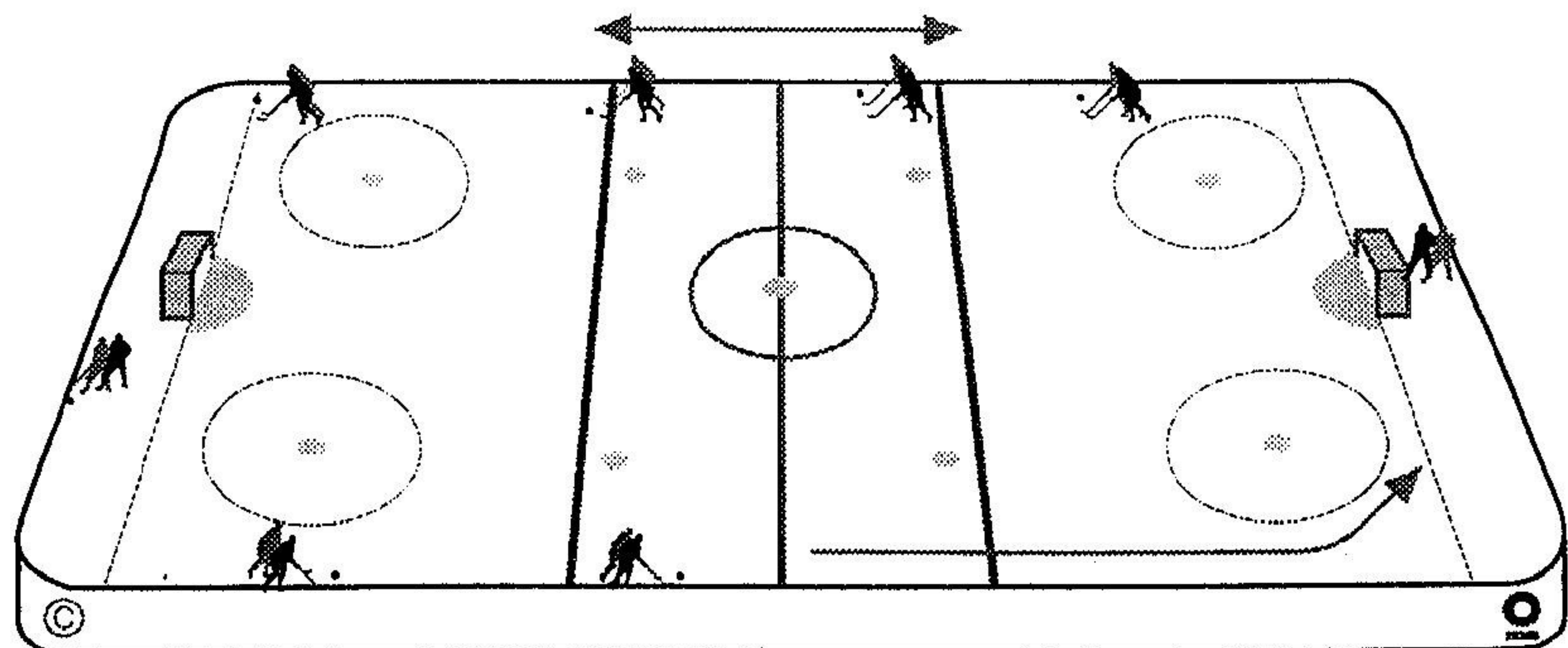
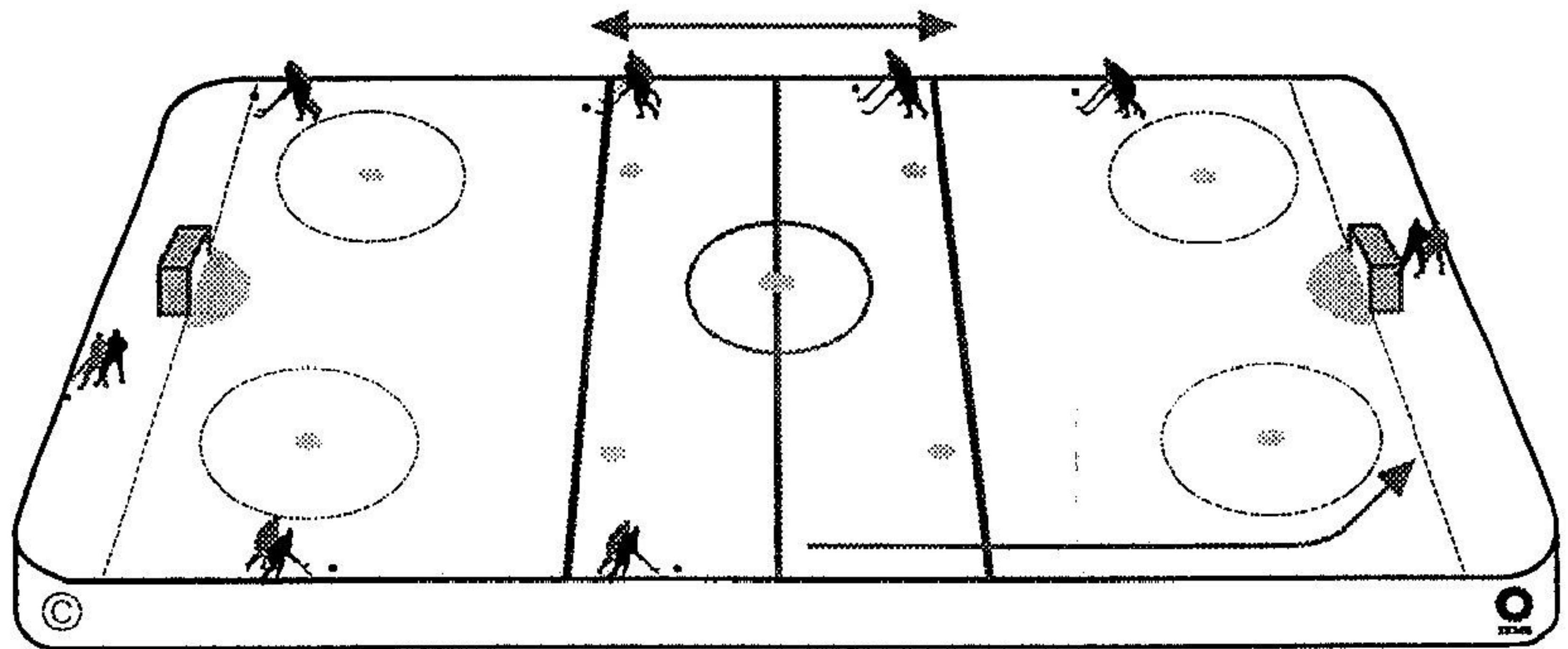
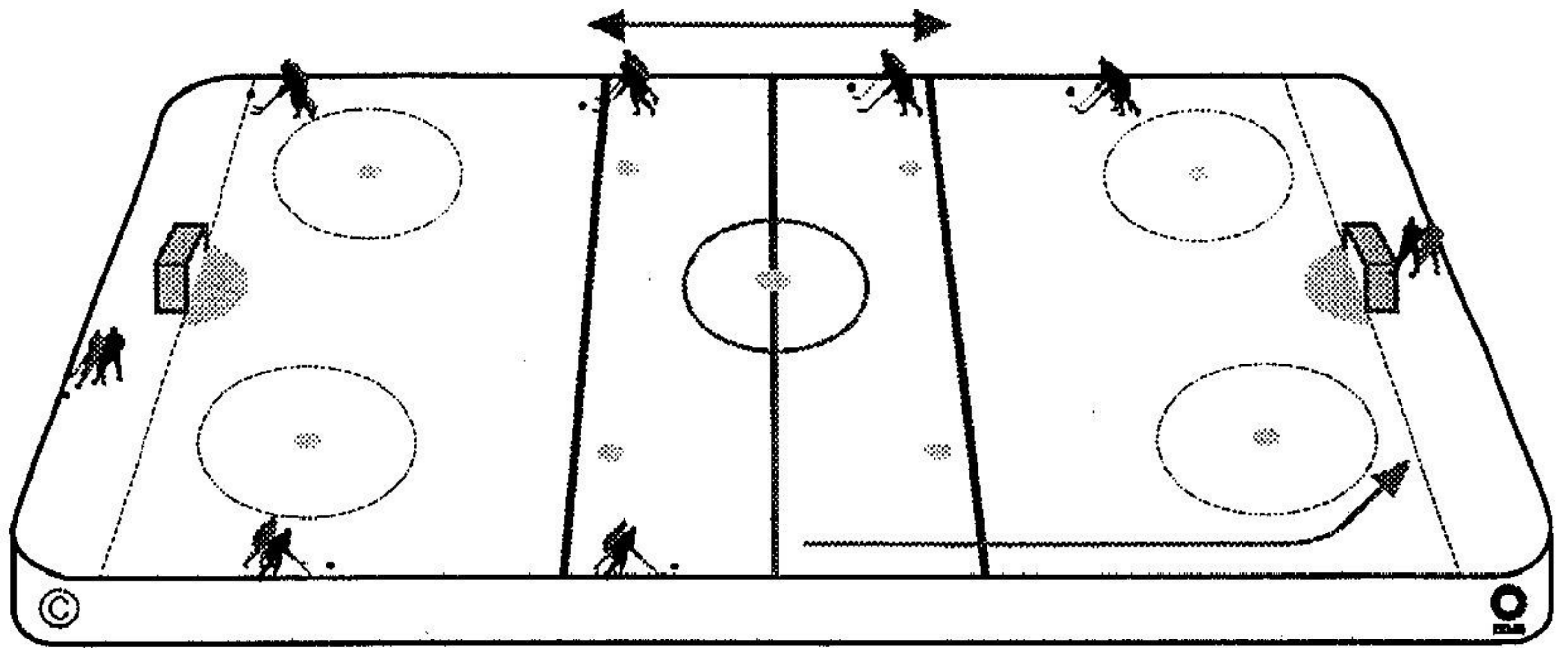
**ANGLE CHECK AND PIN WITH INSIDE LEG IN BEHIND**

In the defensive zone the checker must pin the puck carrier.

\* To pin the attacker the checker must angle check the puck carrier with the inside shoulder and outside leg leading, squeezing the puck carrier into the boards. By having the outside leg leading the checker traps the puck carrier because checkers knee is behind and between the legs and his body pressing the offensive player against the boards.

**A300-4005**







#### **119 Level 4 PLAYING SKILLS: FORECHECKING**

**4. A3, Role Three,**

##### **PINNING THE OPPONENT**

The players now practice pinning when the puck carrier's back is to the checker. When the defender sees that the attacker doesn't have control of the puck he should close the gap quickly and make contact and lasso the attacker by holding the stick with the top hand and putting between the puck carrier and the boards. The defender then pushes the puck carrier into the boards with his chest and drives his inside knee between the legs of the puck carrier. Squeeze the puck carrier against the boards until the puck is frozen or a teammate picks up the loose puck.

**A300-4006**

#### **119b Level 4 PLAYING SKILLS: DEFENSE**

**4. A300, Role Three,**

##### **CONTROLLING THE OPPONENT WITH THE STICK BETWEEN HIS LEGS**

Practice controlling the puck carrier low in defensive zone by pushing a partner across the ice with your stick between their legs and held up high in the crotch, with one hand on the players chest.

\* The other player repeats this.

\* Turn the player by moving the stick and pushing in different directions.

**A300-4010**

#### **120 Level 4 BASIC SITUATIONS**

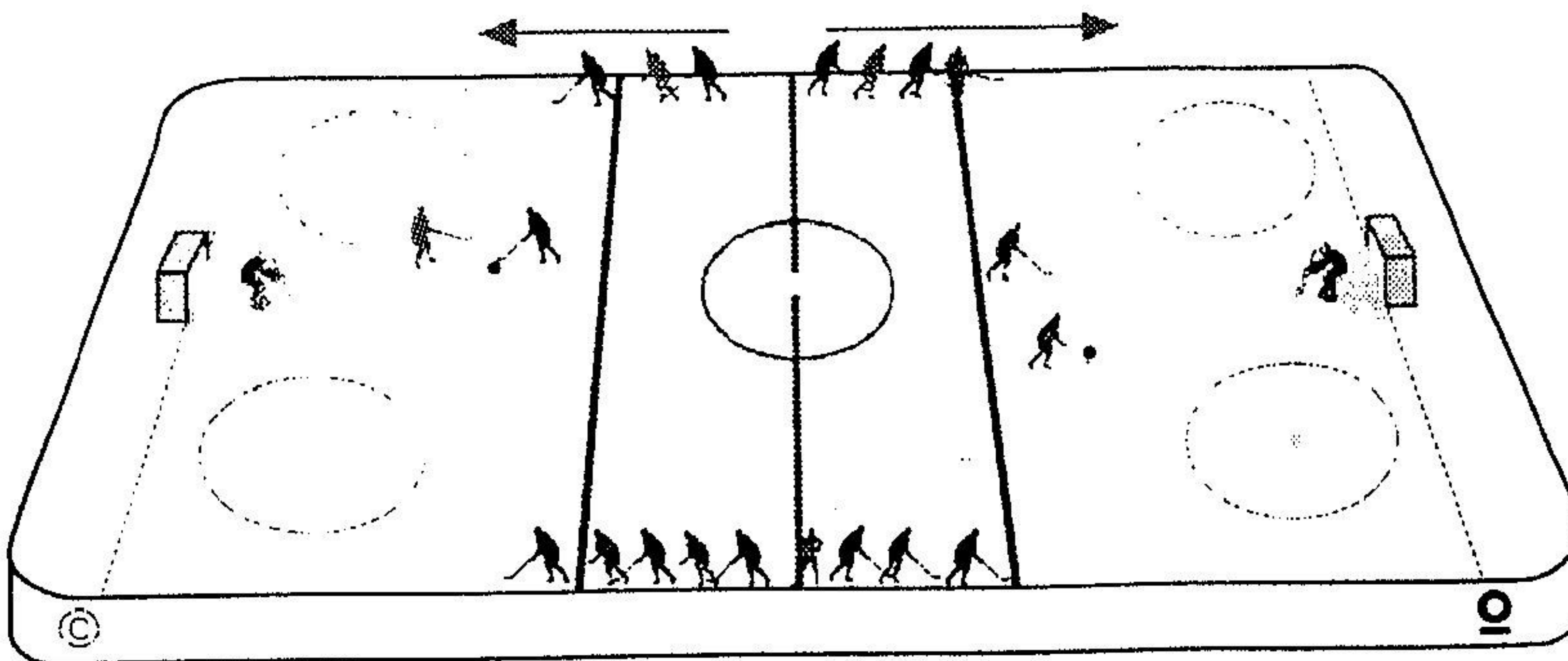
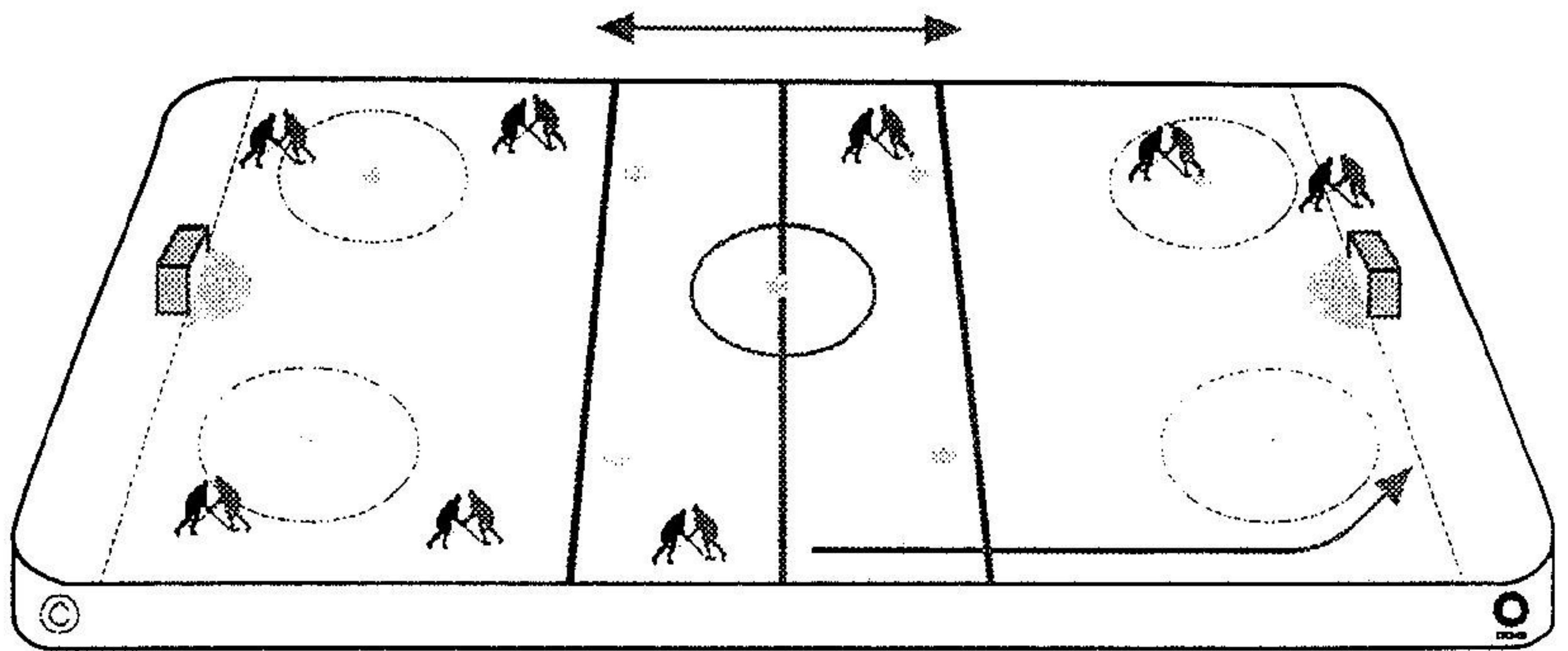
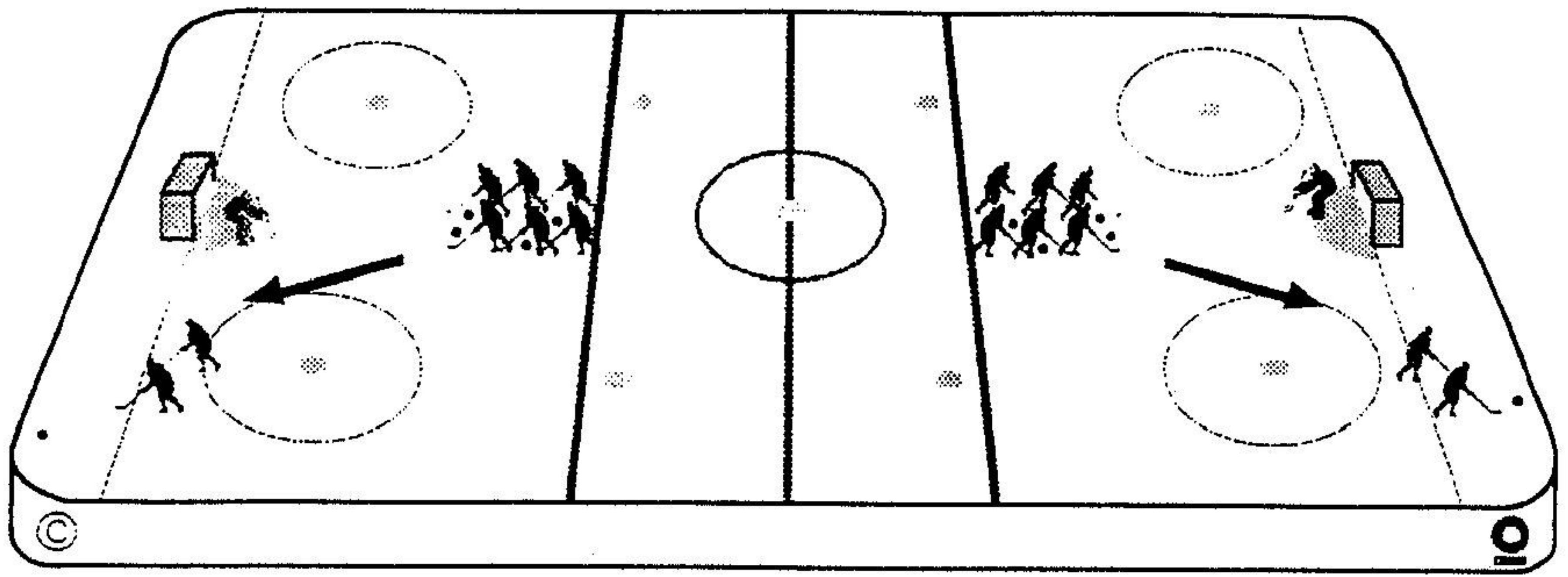
**4. B400, Role Three,**

##### **ONE ON ONE WITH STICK UP SIDE DOWN**

"One on One" defenseman without a stick or the stick held upside down. The 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.

**B400-4001**







**120b Level 4 BASIC SITUATIONS**

**4. B400, Role Three,**

**ONE ON ONE, STRESSING A TIGHT GAP**

Play a one on one and stress, 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 don't turn until the attacker is parallel and then approach the puck carrier angling toward his back shoulder and finishing the check.

**B4-4002**

**121 Level 4 BASIC SITUATIONS**

**4. B400, Role Three,**

**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 players 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 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.

**B4-4001**

**121b Level 4 BASIC SITUATIONS**

**4. B400, Role Three,**

**ONE ON ONE DEEP IN THE DEFENSIVE ZONE**

The pucks are in the middle circle. Two players leave from the B400 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.

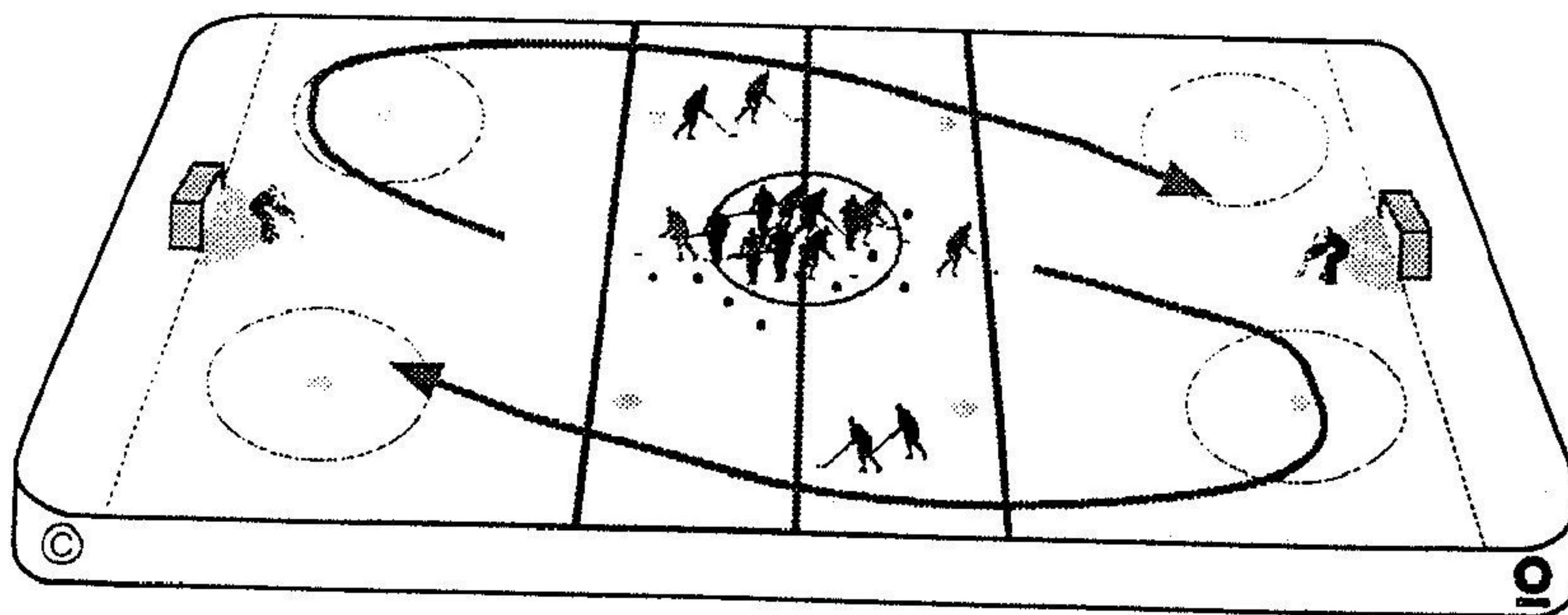
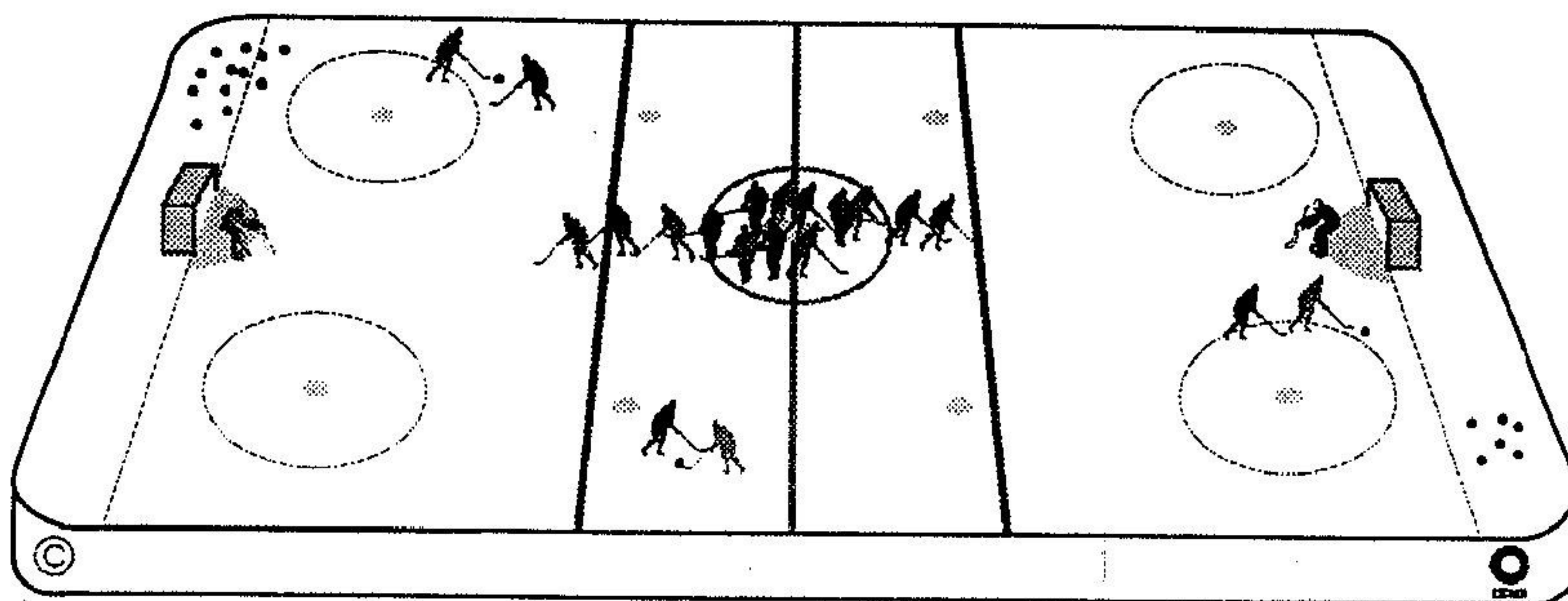
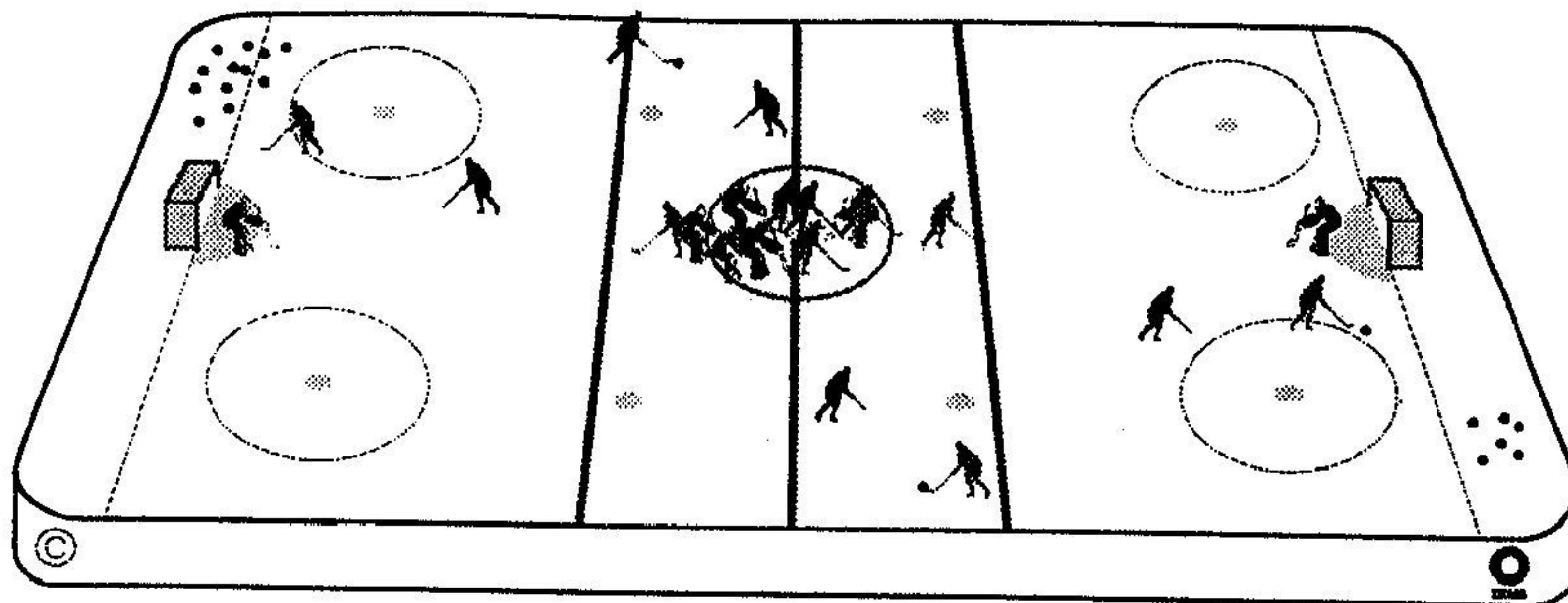
\* Approach from the back and pin.

\* 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.

**B4-4002**







## 122 Level 4 PLAYING SKILLS: FORECHECKING

### 4. B4, Role Three, .

#### FORECHECKING

The players are lined up in the basic <sup>C2</sup> B4 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.

B400-4001

*should be C2 or C3 summer school end*

## 122b

### Level 4 BASIC SITUATIONS

#### 4. B500, Role Three,

#### ONE ON ONE, "TAG"

- \* Practice playing "tag" with a partner in a reduced space by placing a puck on the ice and have a contest to see who can touch the puck.

B500-4001

*back word from Chicago*

## 123 Level 4 BASIC SITUATIONS

### 4. B6, Role Three,

#### ONE ON ONE

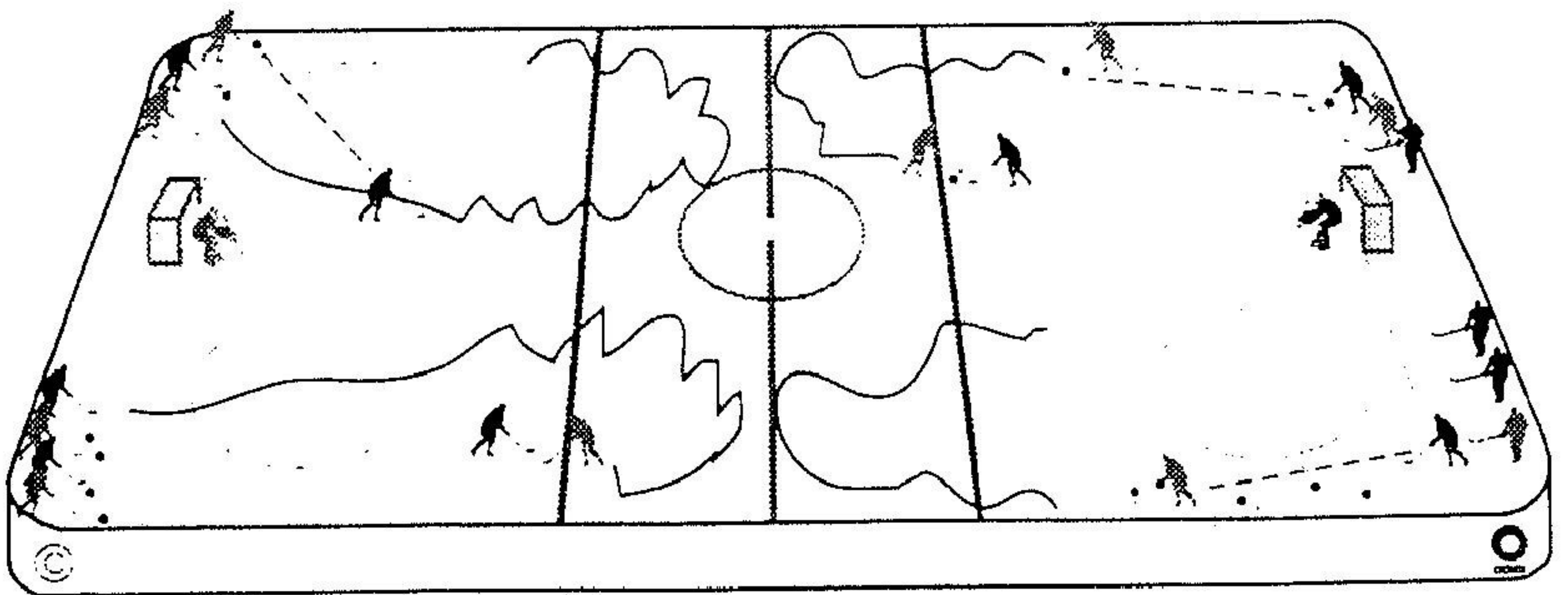
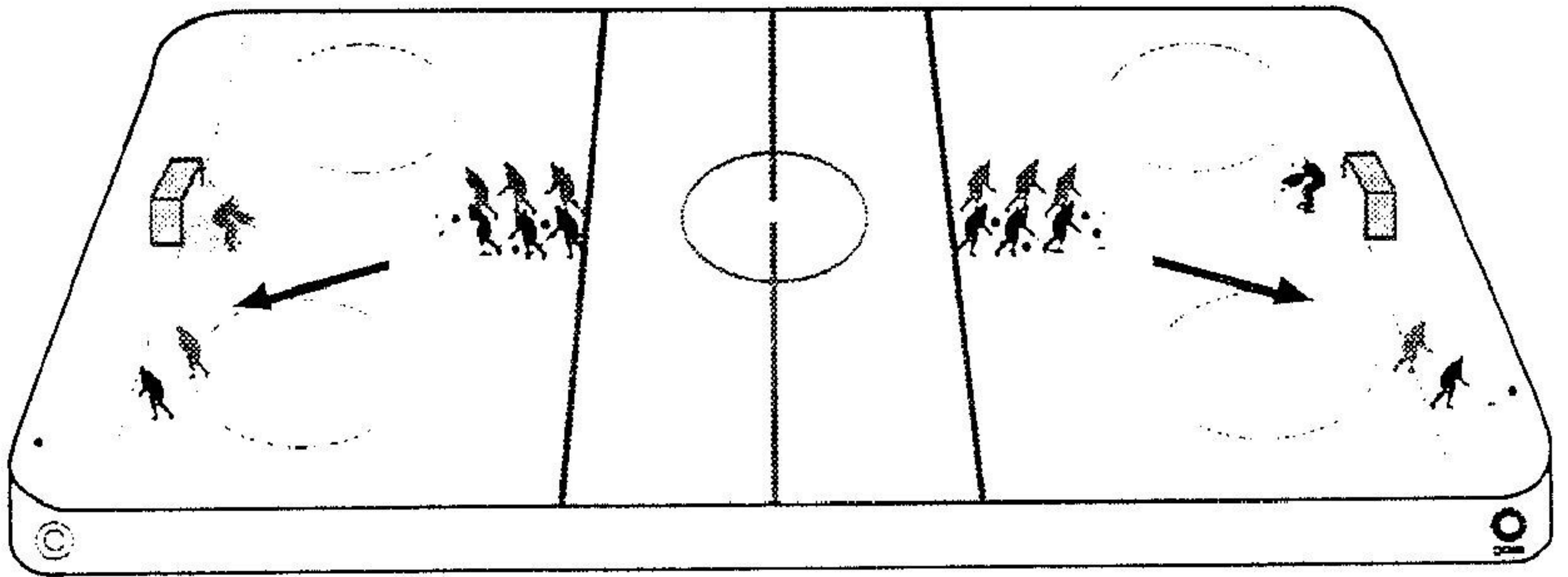
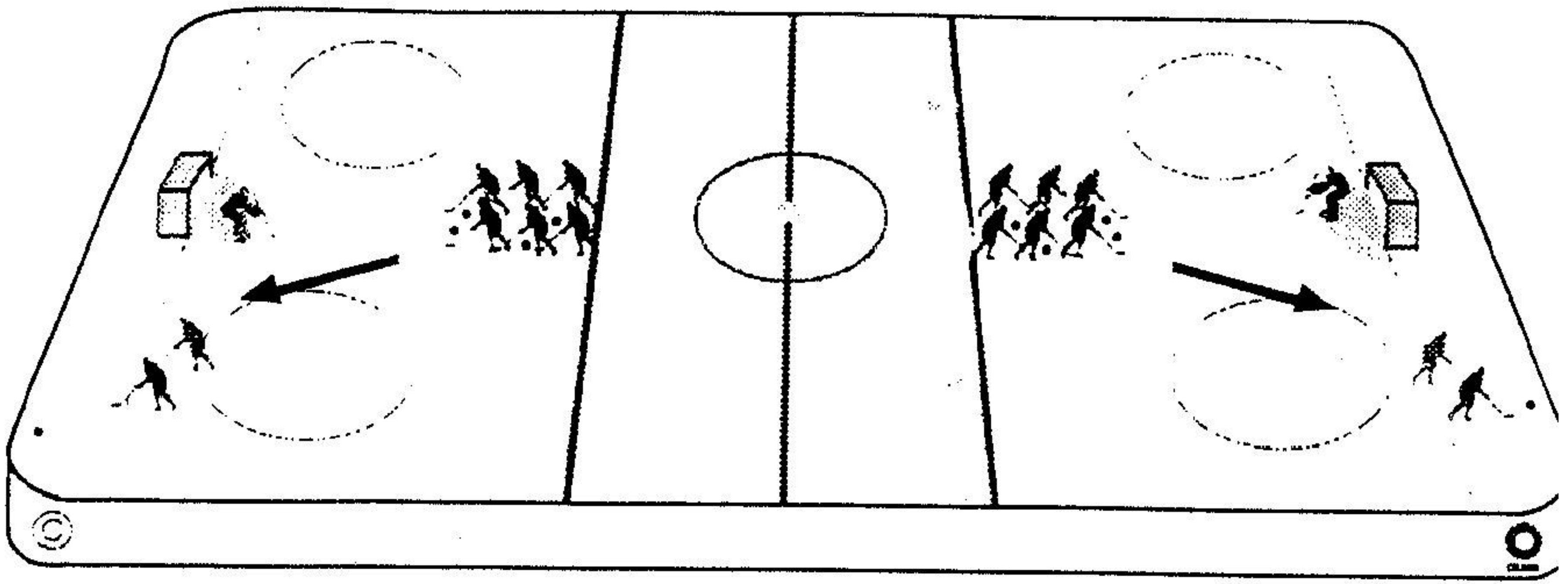
- \* Two players leave, the first player carries a puck over the offensive blue line and turns back at the red line towards the goal the second player follows and plays as a defenseman. The second player tries to defend with a tight gap in the neutral zone.

- \* The defender works on pivoting from forward skating to backward skating.

- \* To skate at the same speed as the attacker.

B6-4001







**123b Level 4 BASIC SITUATIONS**

**4. B6, Roles One and Three,  
ONE ON ONE CONTEST**

Here is the example of how to keep score in this 1 on 1 contest.

**Role 3:**

- \* Try to stop the opponent by closing the gap before the blue line (4 points).
- \* Regain the puck in the defensive zone and make a play to the middle zone (3).
- \* Make the opponent shoot wide (2).
- \* By finishing the check and not letting to opponent to go for her rebound (1).

**Role 1 (Forward):**

- \* Scoring a goal (6 points).
- \* Shooting on the net (3).
- \* Shooting on the net and getting to own rebound (1 more point).
- \* Not allowing the defenseman to make a good pass (2).

**B6-4002**

**124 Level 4 BASIC SITUATIONS**

**4. B6, Role Three,  
ONE ON ONE, PASS FROM THE CORNER**

Player one leaves from one corner and get a pass from the first player in the other corner in the same zone, the passer now skates out over the blue line and defends one on one versus the pass receiver who skates to the red line before turning back towards the net.

**B6-4003**

**124B Level 4 BASIC SITUATIONS**

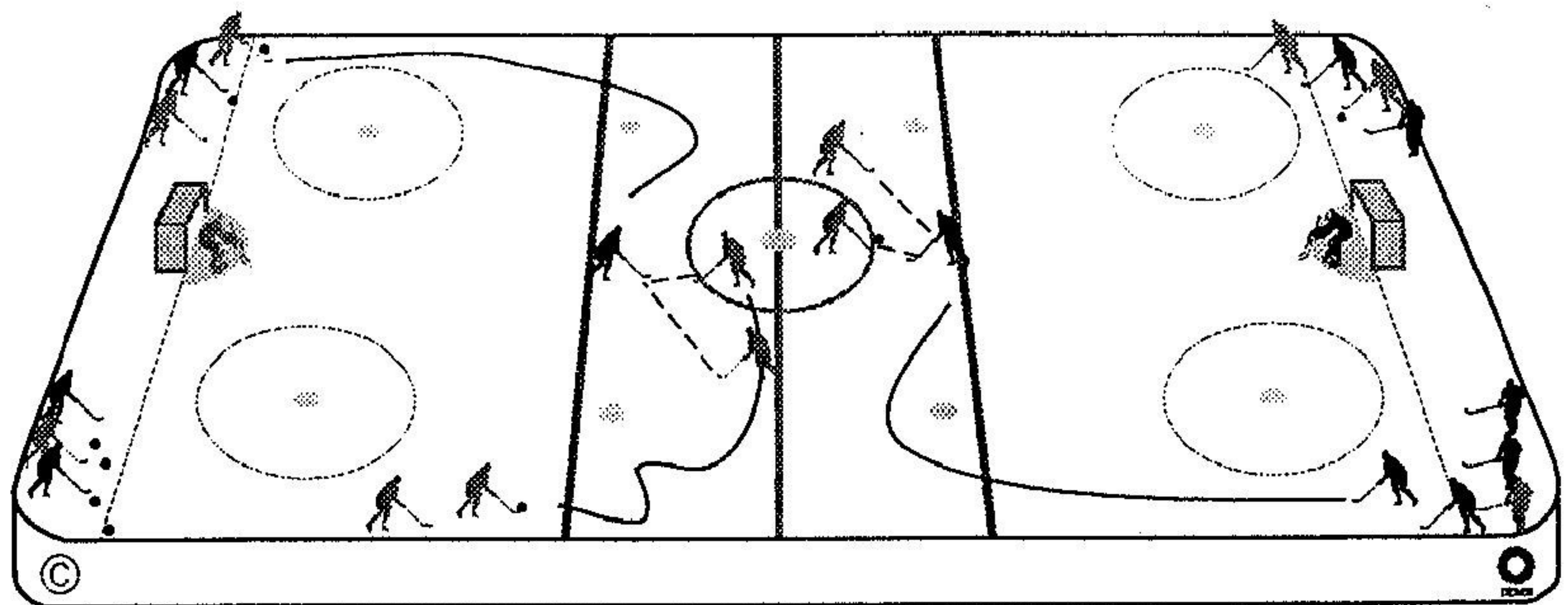
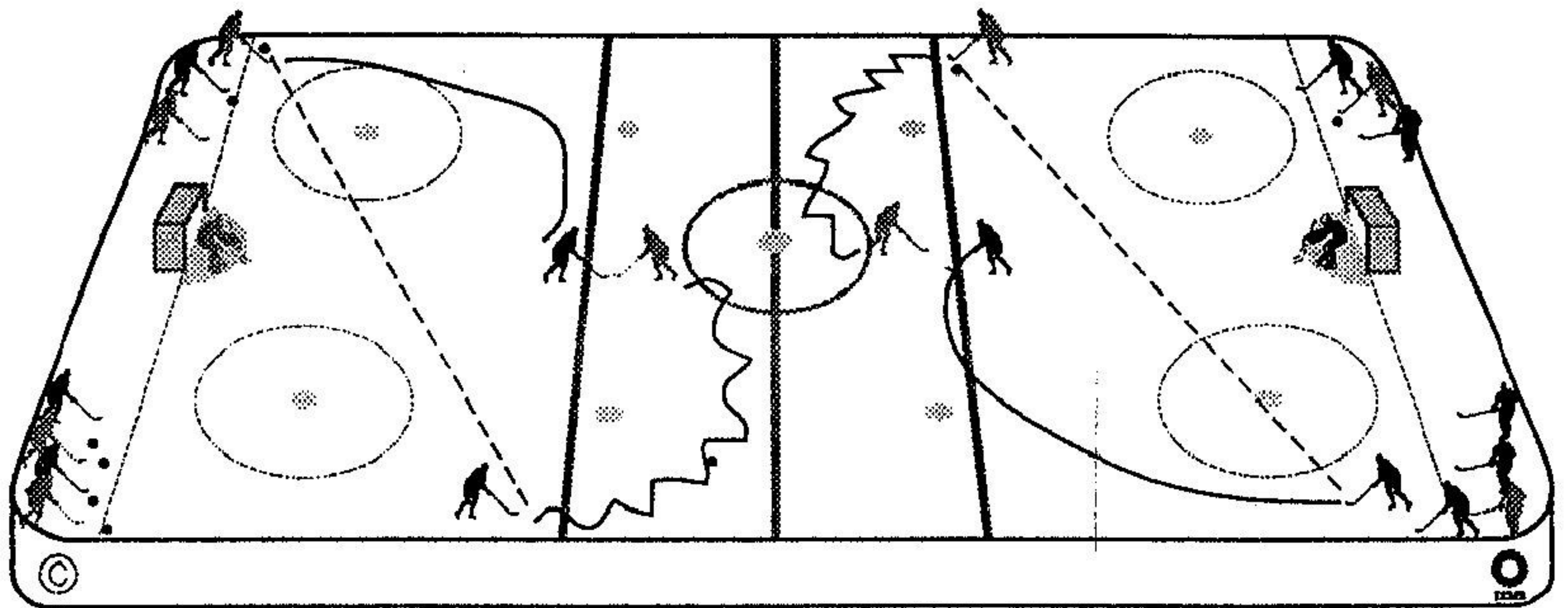
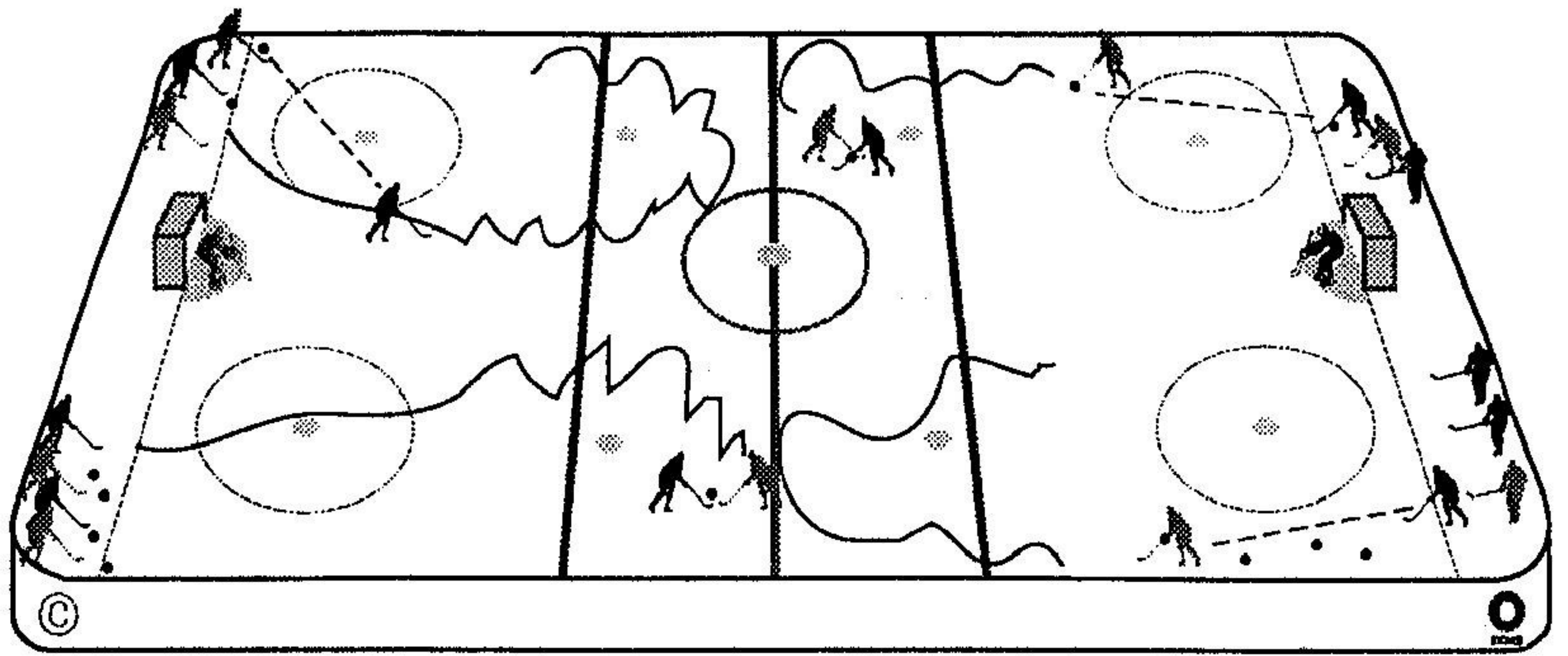
**4. B6, Four Playing Roles,  
1-1; 2-1, 3-1**

Two players leave from one corner, player one gets a pass from the second player.

- \* Player one give and go passes with the first player in the diagonal corner at the other end.
- \* Player one then pivots backwards and gives a back pass to the second skater who now attacks one on one versus the first player towards their original end. This can be done up to three on one.

**B6-4004**





## **125 Level 4 BASIC SITUATIONS**

### **4. B600, Four Playing Roles,**

**1-1; 2-1; 3-1; 2-2; 3-2**

The lines are about five meters behind the blue lines. The first player in line skate with a puck toward the first player in the opposite line diagonally across from her. The original player now pivots to skate backwards and play a one on one versus the player she passed to. This can be continued as a 2-1, 3-1, 2-2, 3-2. Regroups can also be added to this exercise.

**B600-4001**

## **125B Level 4 PLAYING SKILLS**

### **4. C2, Roles One and Two,**

**3-0; 4-0, PASSING IN EACH ZONE**

**Three or four players leave:**

- \* Number one takes a shot and picks up a new puck behind the net.**

- \* Number two and number three follow.**

- \* Make one pass in each zone and attack using the offensive triangle.**

- \* Shoot when in the slot.**

**C2-4005**

## **126 Level 4 PLAYING SKILLS**

### **4. C2, Roles One and Two,**

**3-0; 4-0, USING BACKPASSING**

**Three or four players leave.**

- \* Number one takes a shot and picks up a new puck behind the net.**

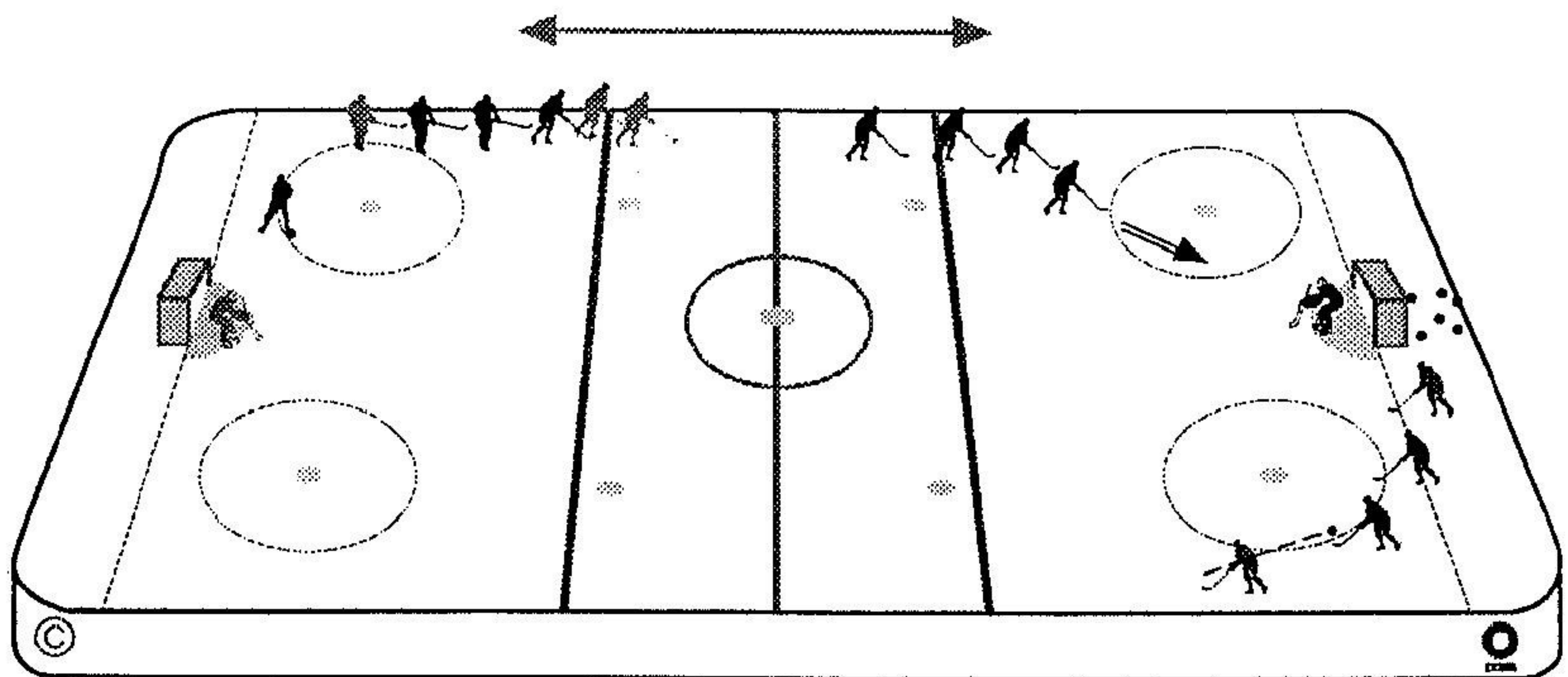
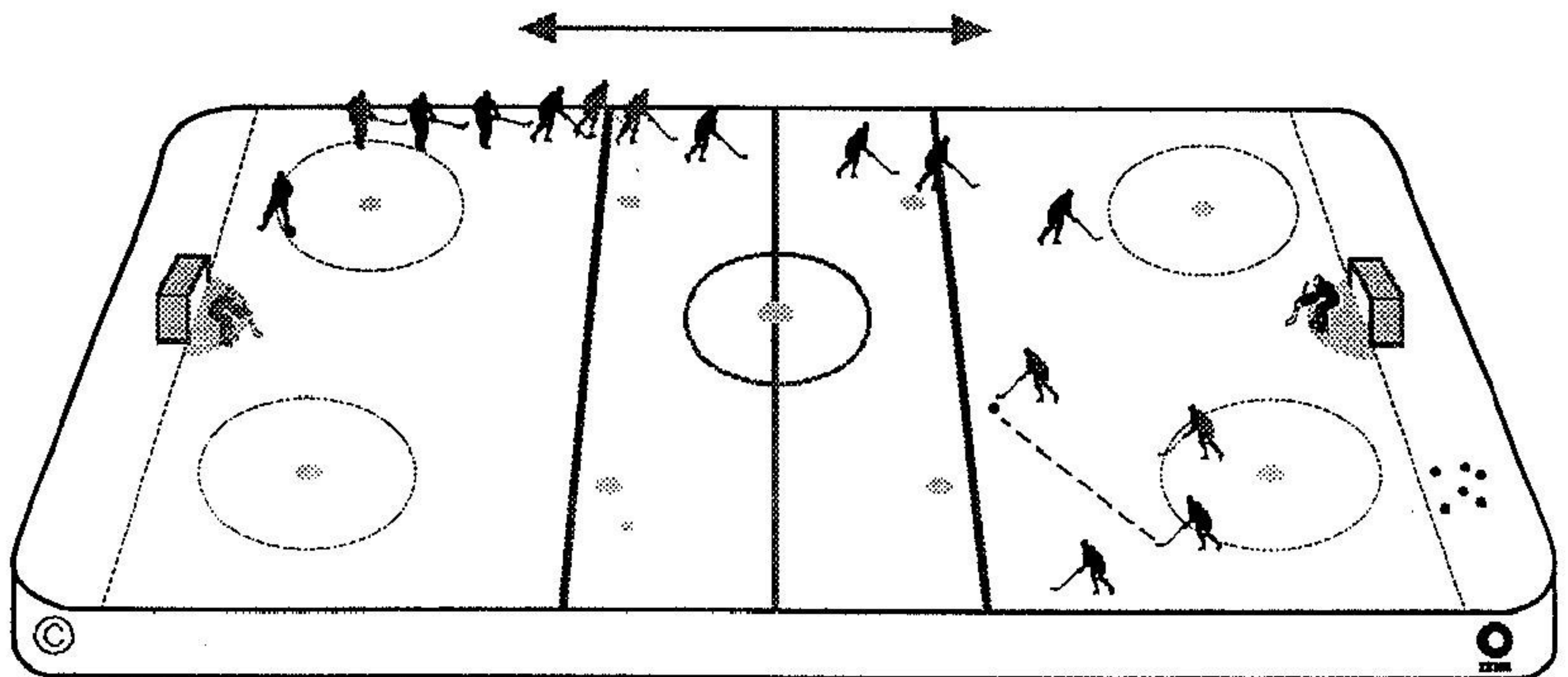
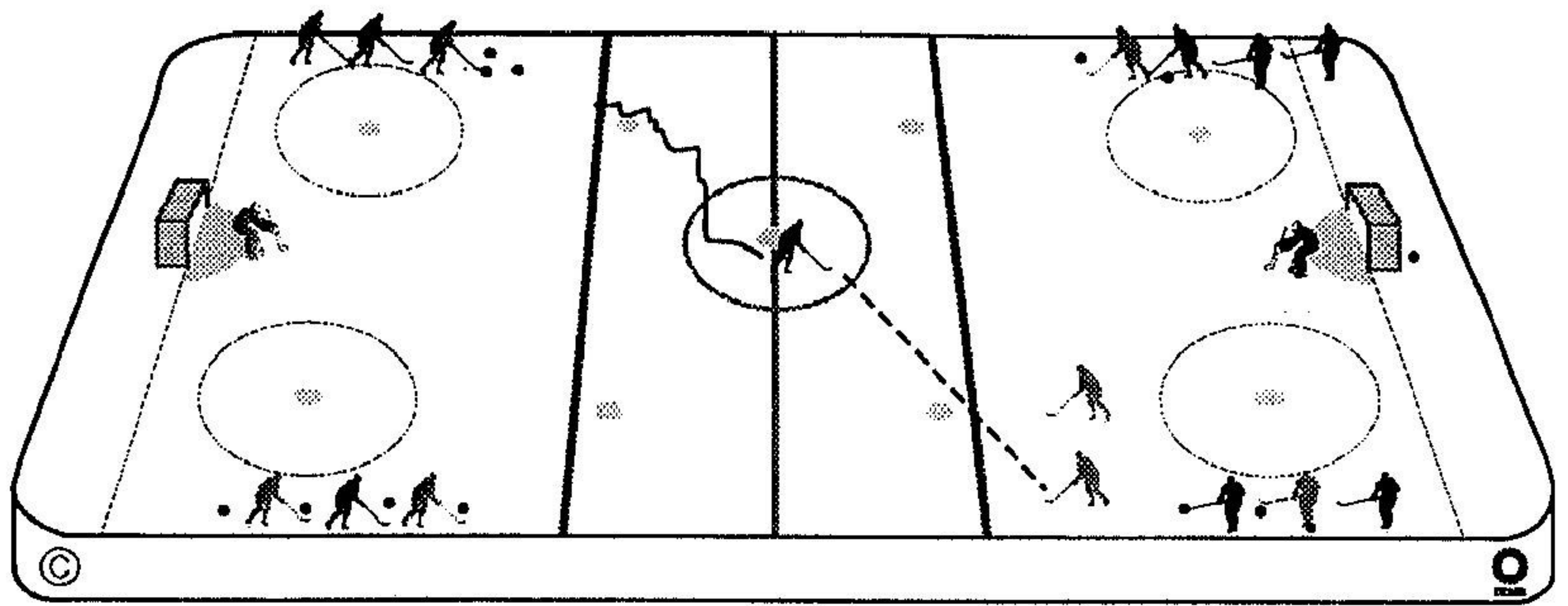
- \* Number two and number three follow, skating up the ice in triangle formation.**

- \* Number one passes back and the new puck carrier drive skates in front and then passes to number three.**

- \* Only back passing is allowed. Shoot when in the slot.**

**C2-4006**





**126b Levels 3-4 LEARNING THE GAME**

**4. D, All Four Roles,**

**CHANGE ON FLY**

Practice changing lines on the fly. When a new line goes out they defend, attack, defend then shoot the puck into the corner farthest from their bench. If they have trouble getting the puck out on the first rush, then dump the puck in on first rush and change.

**D-4001**

**127 Level 3-4 LEARNING THE GAME**

**4. D, Role One and Two,**

**OFFENSIVE POSSESSION BEHIND THE OPPONENTS NET**

When the puck is behind the opponents net number two and three should move towards the face-off dots where it is hard for defenders to cover or they can screen the defensemen. An offensive defenseman can move into the slot for a pass.

**D-4002**

**127B Level 4 LEARNING THE GAME**

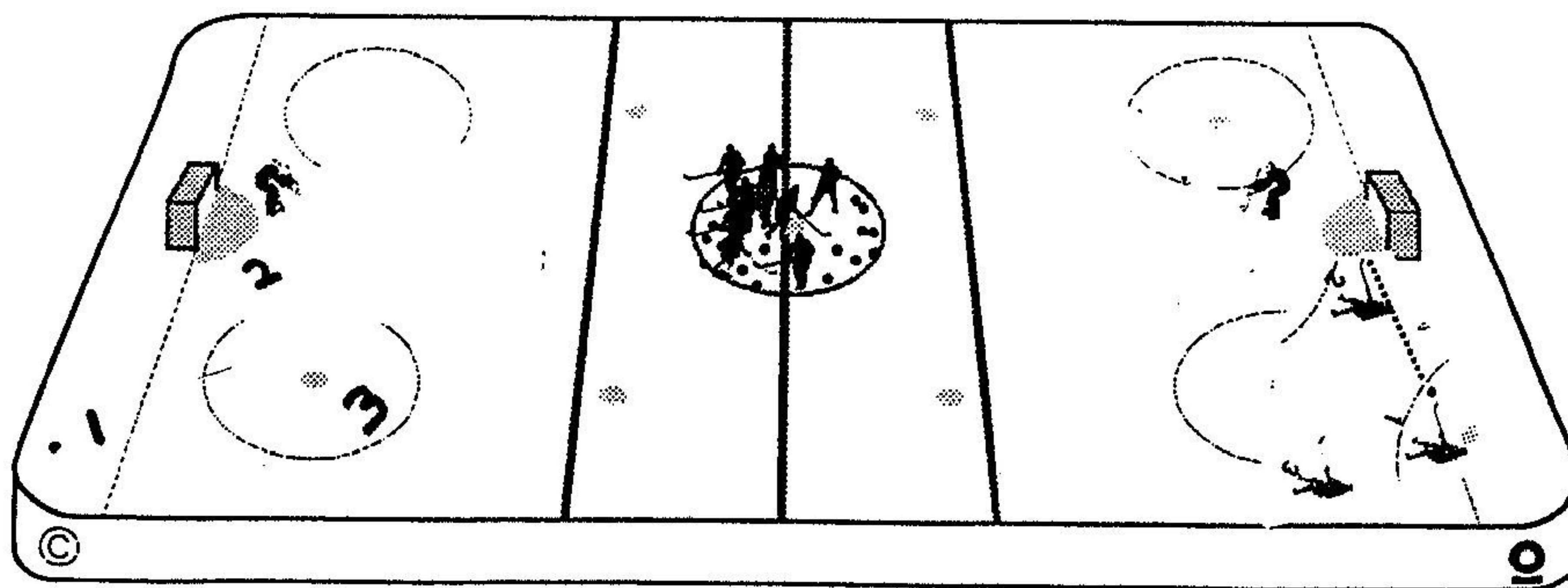
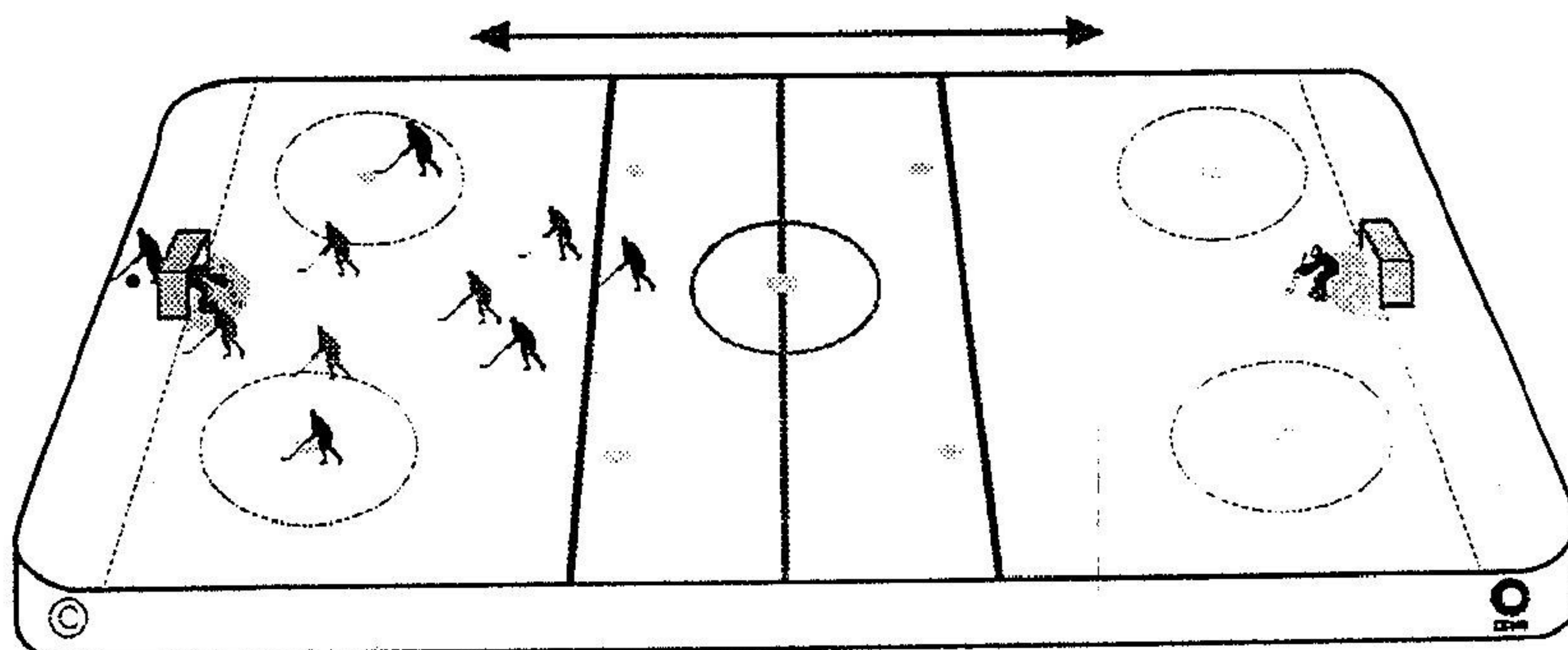
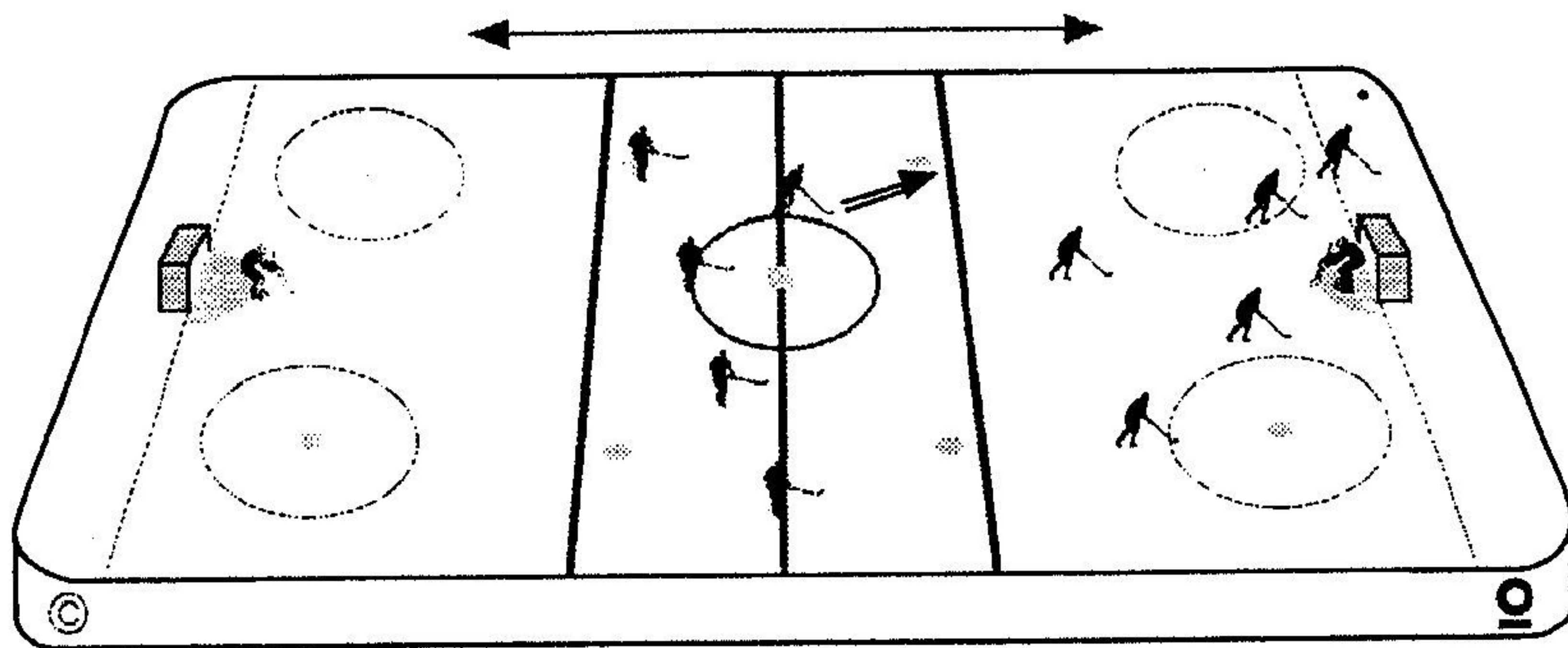
**4. D, Role One and Two,**

**GAME WITH CYCLING IN THE OFFENSIVE CORNER**

To create space from the corner the puck carrier (1) skates up the boards, if she is pressured she passes back to the corner and the player in front of the net (2) gets the puck. The original passer (1) skates to the high slot and becomes the third man (3) and the third man goes to the front of the net and replaces number 2.

**D-4003**





#### **128 Level 4 LEARNING THE GAME**

**4. D, Role Three,**

##### **GAME PRACTICING DEFENDING THE PLAY OUT OF THE CORNER**

In this game the rule is that goals only count if they are started by plays originating from the offensive corners. The closest player defends the attack out of the corner. If she reads that the opponent is not in full control of the puck, or has her back to the play the defender should play the body and pin the attacker to the boards.

**D-4004**

#### **128B Level 4 LEARNING THE GAME**

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

##### **ALL FIVE HAVE THE PUCK IN FRONT OF THEM**

This is the strongest defensive position to be in as no one is trapped behind the play. This is a passive forechecking style that allows the offense to turn the puck up ice and then deflects the puck to an outside lane and outnumbers the attackers. Whenever the puck is above the circles in the defensive zone it must be cleared over the blue line. When pressured high in the offensive zone dump the puck into the corner or behind the net. It is a safe play to make when only high risk offensive options are available to the puck carrier.

**D-4005**

#### **129 Level 4 LEARNING THE GAME**

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

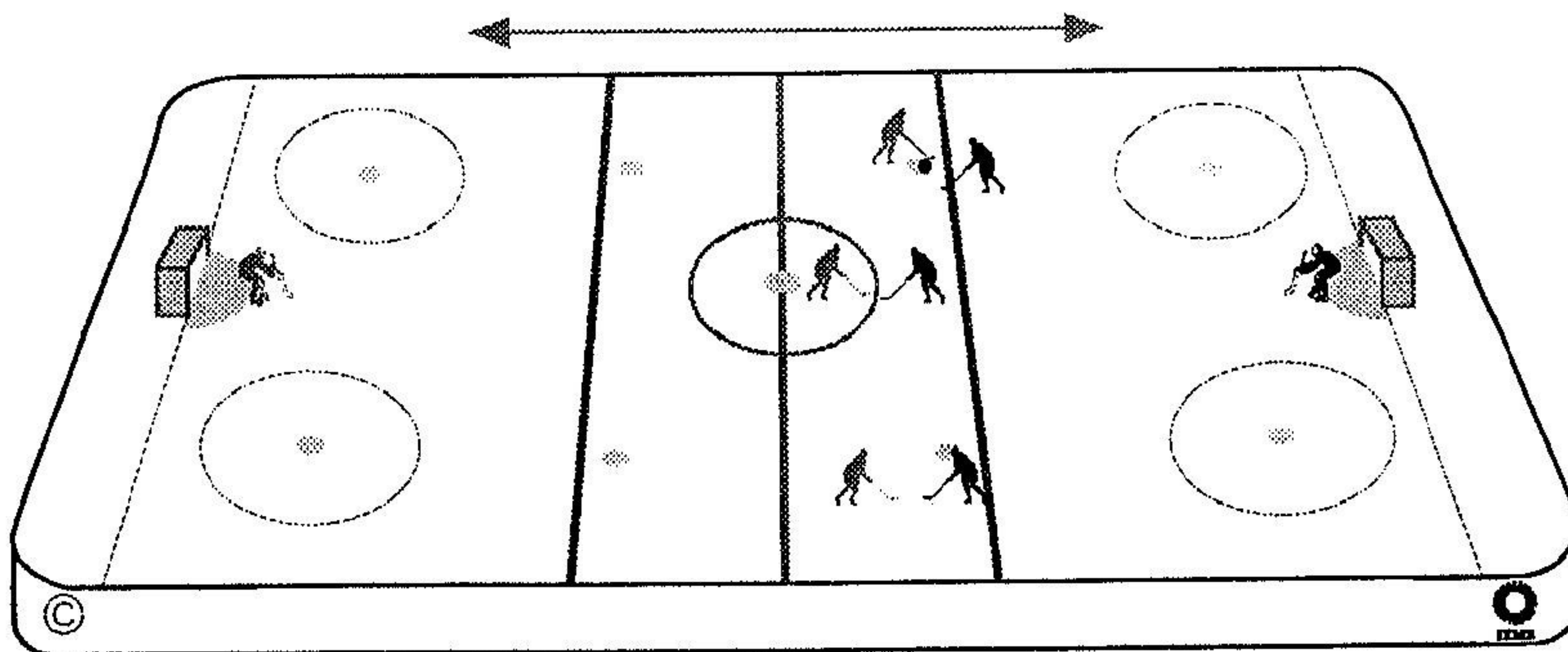
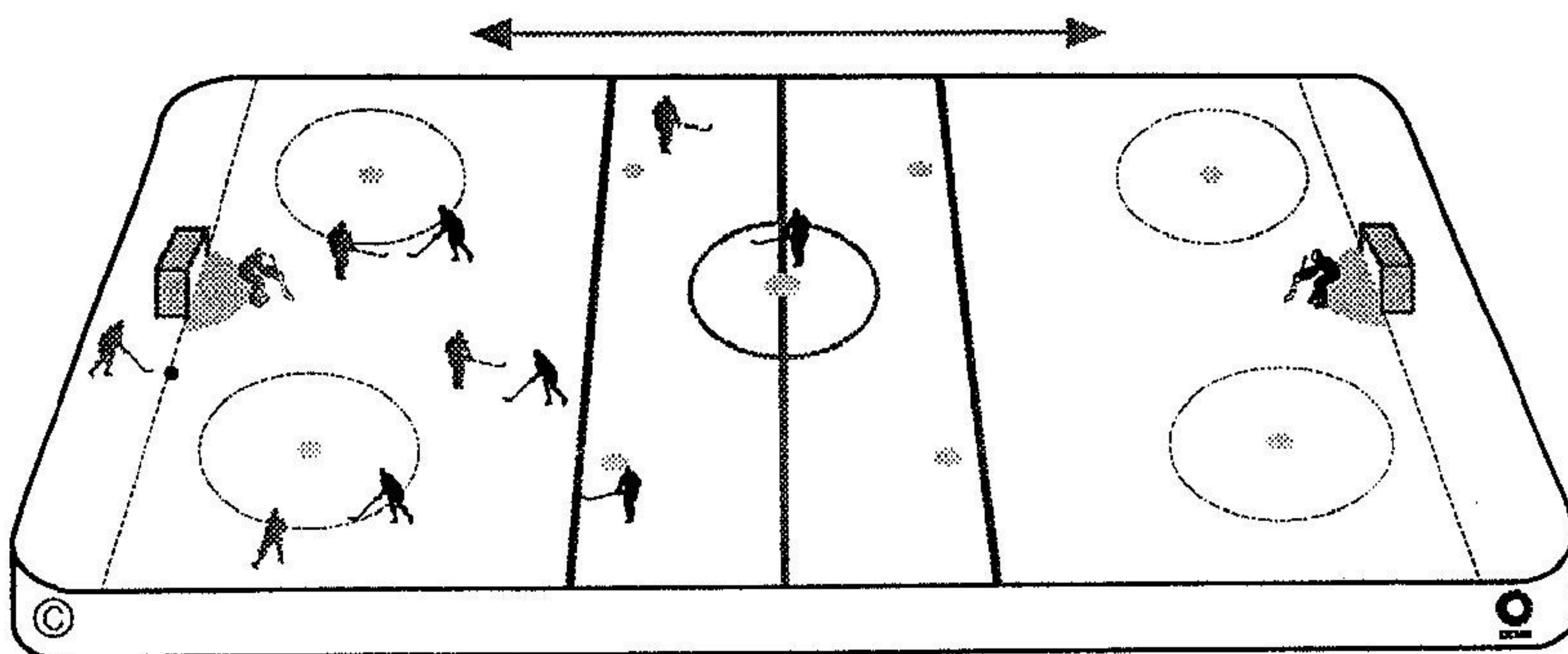
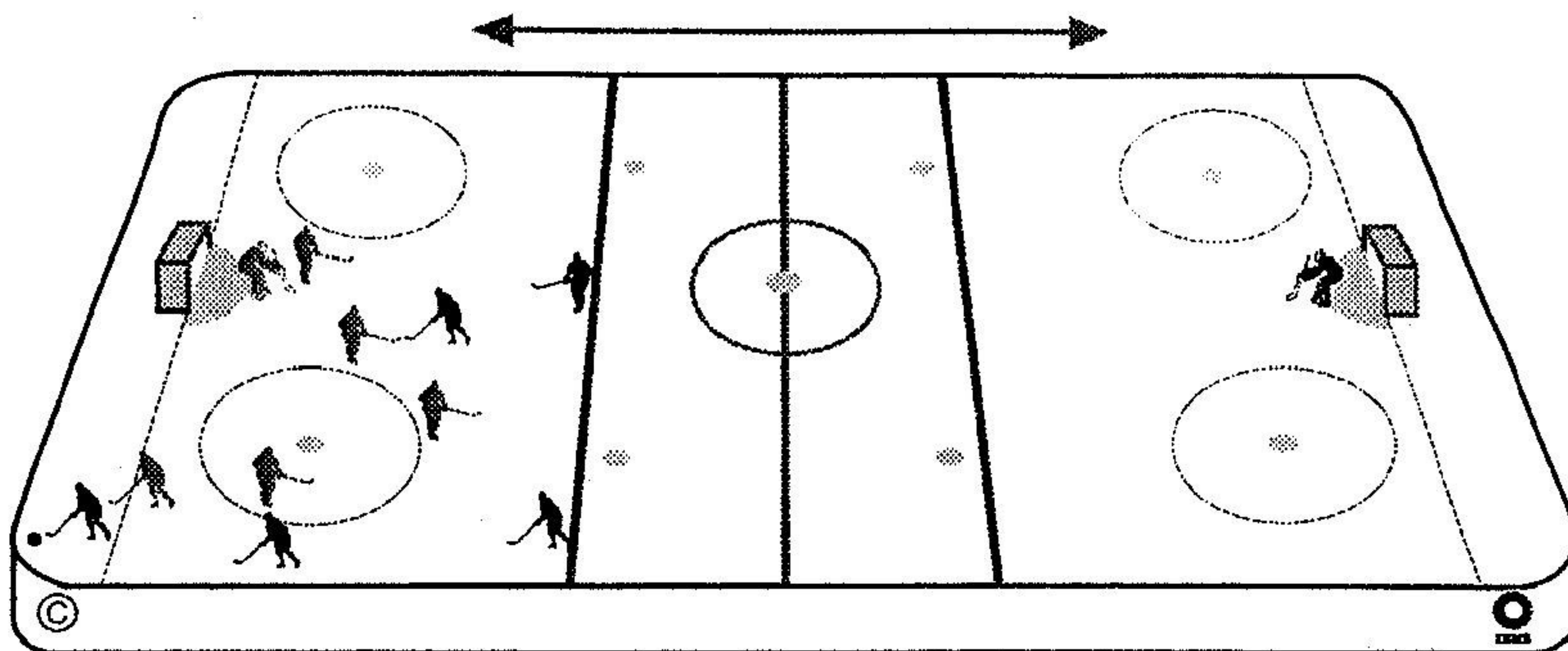
##### **DEFENSIVE ZONE COVERAGE**

Play a 2-2, 3-3, 4-4 or 5-5 game focusing on defensive coverage.

\* The defending players stay between the puck and the goal, force the puck wide, finish checks, cover their checks, and create immediate pressure on the puck from inside to outside. All players have a one on one responsibility in their own zone and if a defender loses a one on one, then the supporting player defends a 1-2, he doesn't chase the puck and leave his player uncovered.

**D-4006**





**129B Level 4 LEARNING THE GAME**

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

**REGROUPING**

**Play a 3 on 3 or 4 on 4 game and have the offensive team turn back and regroup in the neutral zone at least once before crossing the offensive blue line. This game practices puck control, offensive support and not giving the puck away. Many times the defenders slow down or stop and this creates big gaps that the attackers can take advantage of.**

**D-4007**

**130 Level 4 LEARNING THE GAME**

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

**REGROUPING WITH A STRETCH MAN**

**Play a 3 on 3 or 4 on 4 game and have the offensive team turn back and regroup in the neutral zone at least once before crossing the offensive blue line. All but one player should come back to regroup and one player stays high and stretches the opponents defense.**

**D-4008**

**130B Level 4 LEARNING THE GAME**

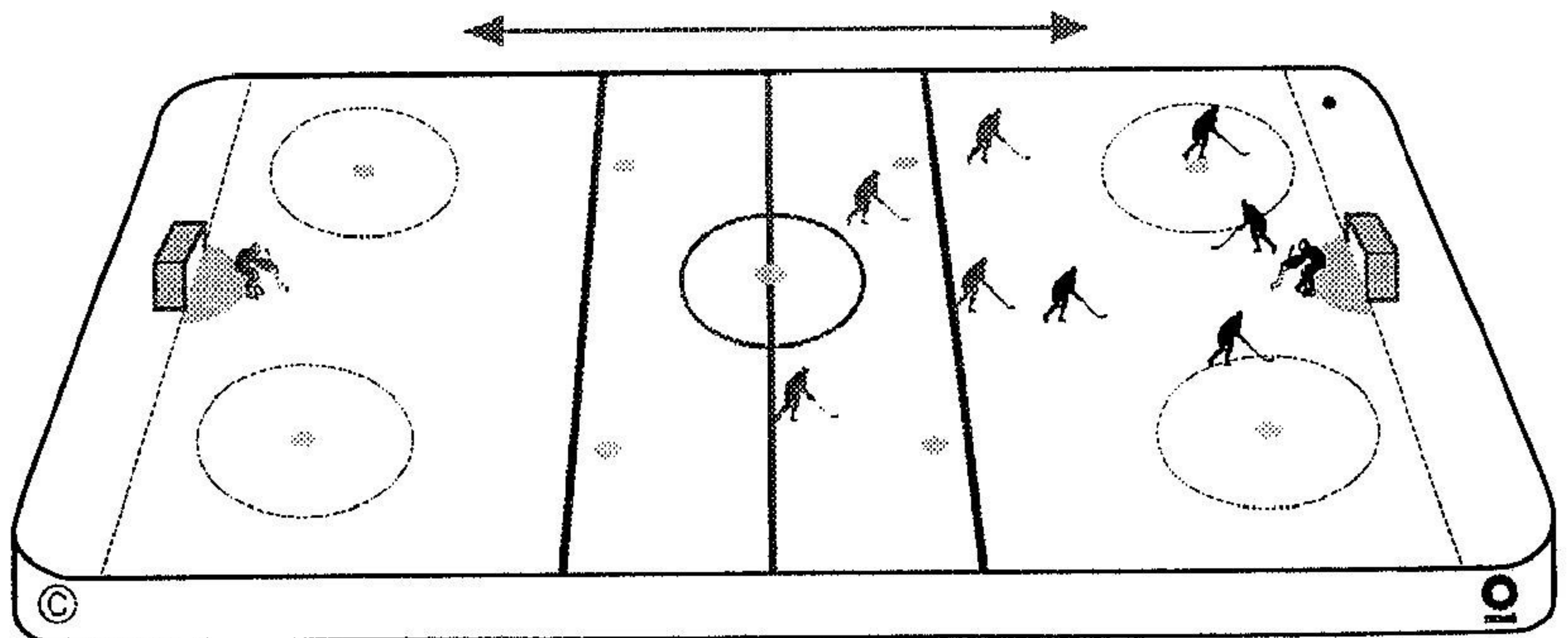
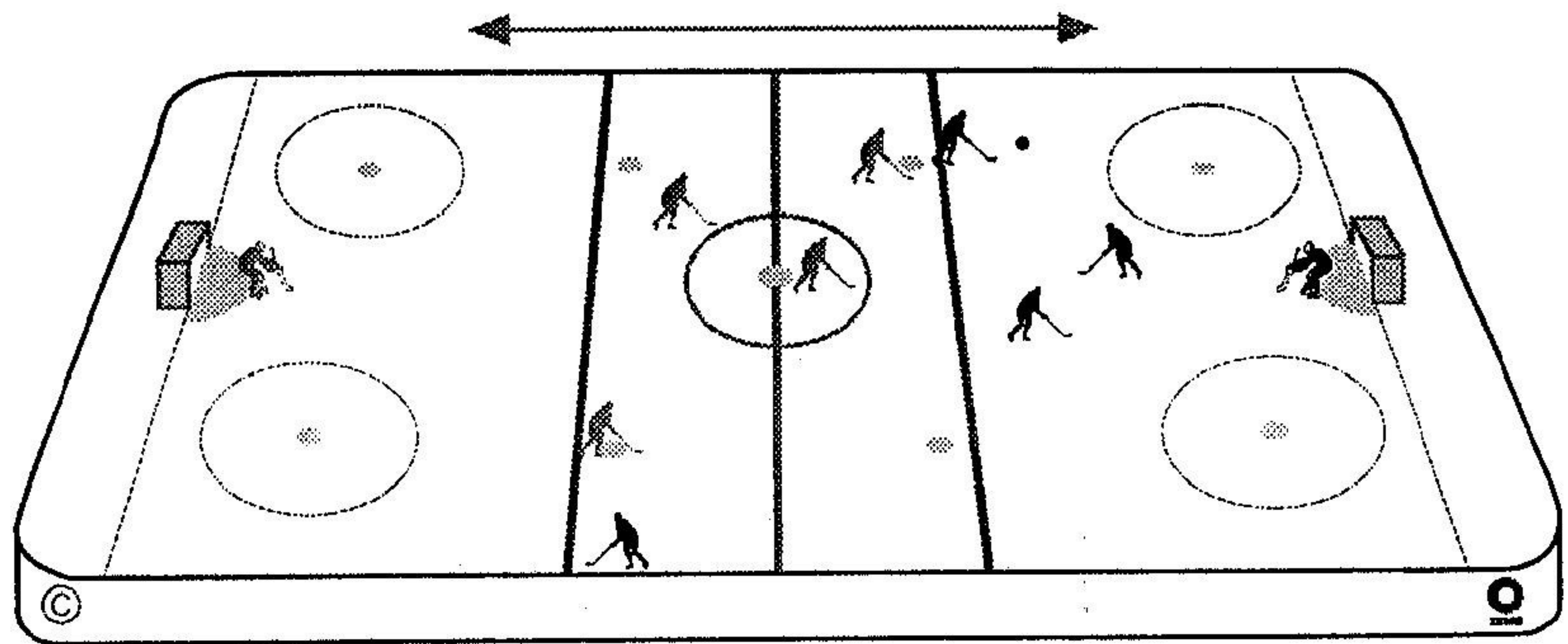
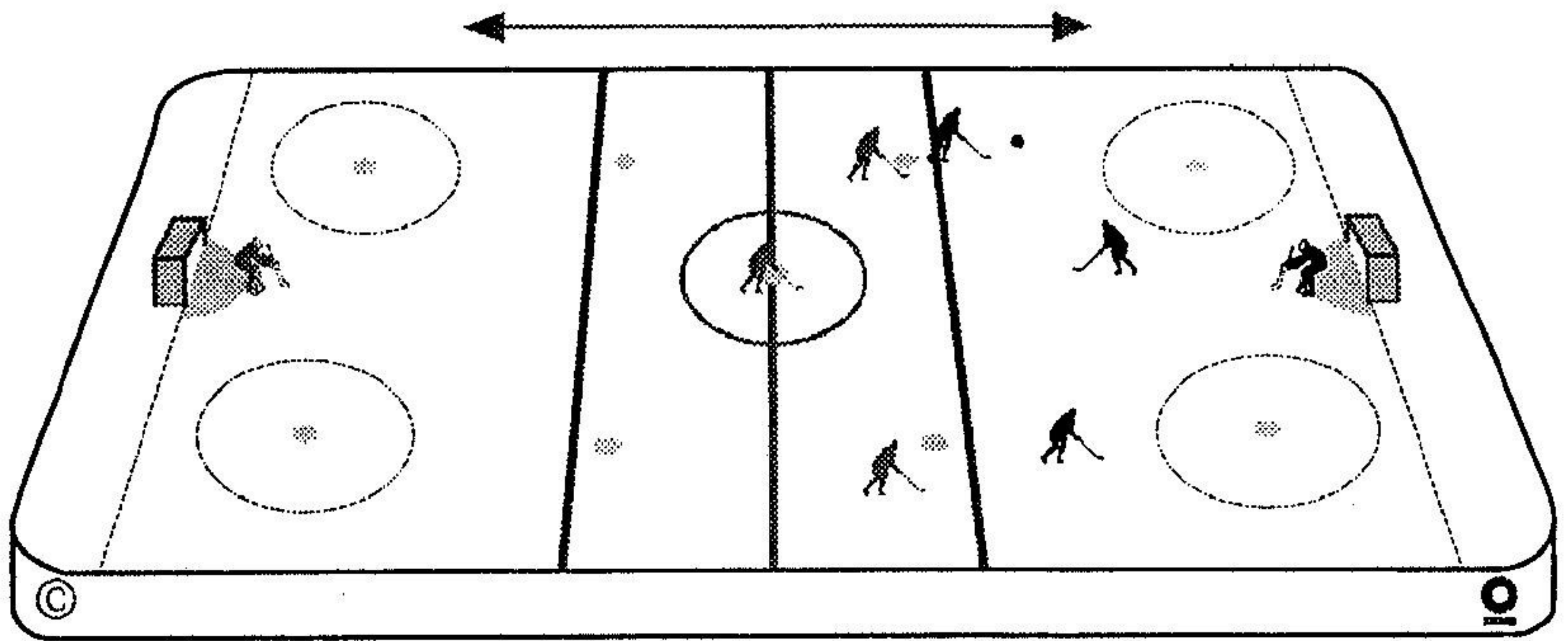
**4. D, Roles One and Two,**

**FULL ICE SHOOT IN GAME**

**Play a full ice game of 3 on 3 or 4 on 4 and practice the forecheck by dumping the puck into the offensive zone after crossing the red line. After the shoot-in a maximum of two passes are allowed before taking a shot.**

**D-4009**





**131 Level 4 LEARNING THE GAME**

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

**GAME WITH NO PASSING ALLOWED IN THE OFFENSIVE ZONE**

The player is not allowed to pass but must try to score after crossing the offensive blue line. This game is designed to work on going to the net. It also forces the defenders to stay on the defensive side and work on controlling players driving to the net. The supporting offensive players should pick, screen and go for rebounds.

**D-4010**

**131B Level 4 LEARNING THE GAME**

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

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

Play a full ice 4-4 game with the rule that there must be one pass 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-4011**

**132 Level 4 LEARNING THE GAME**

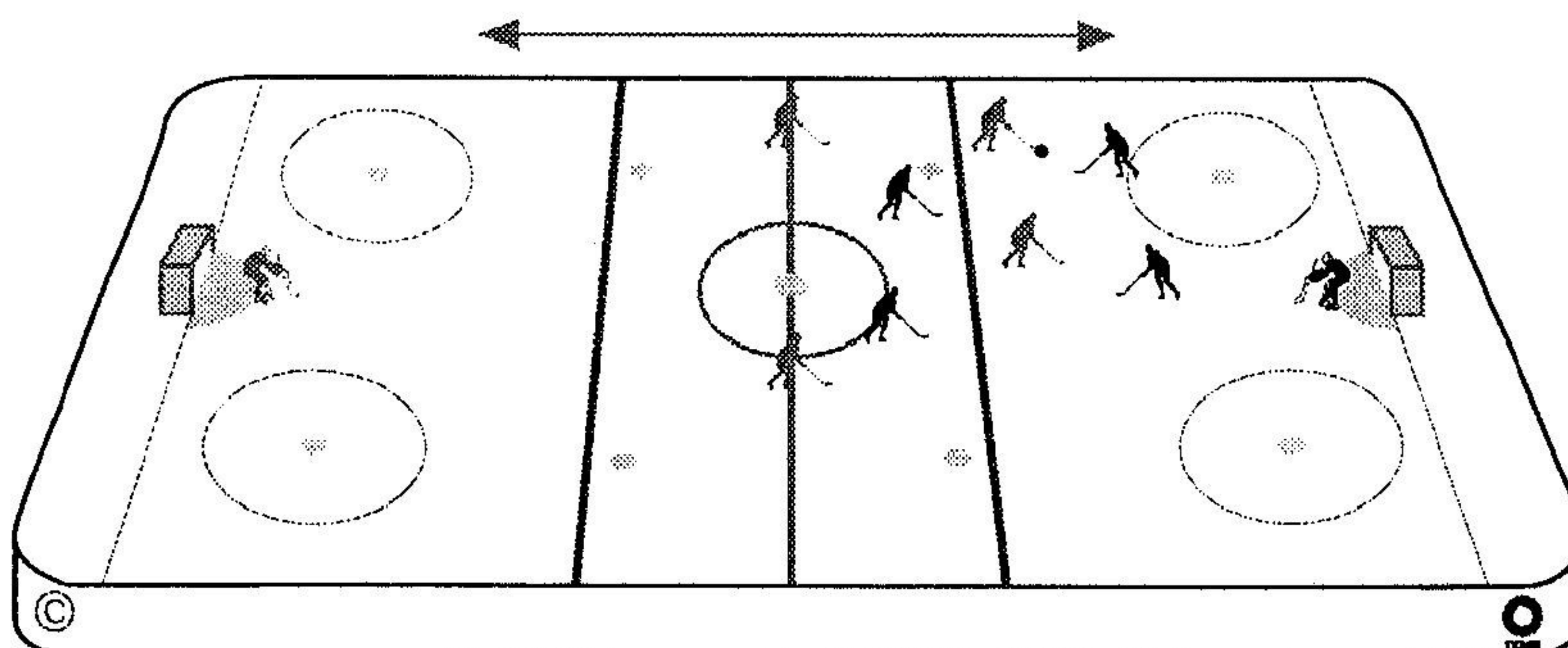
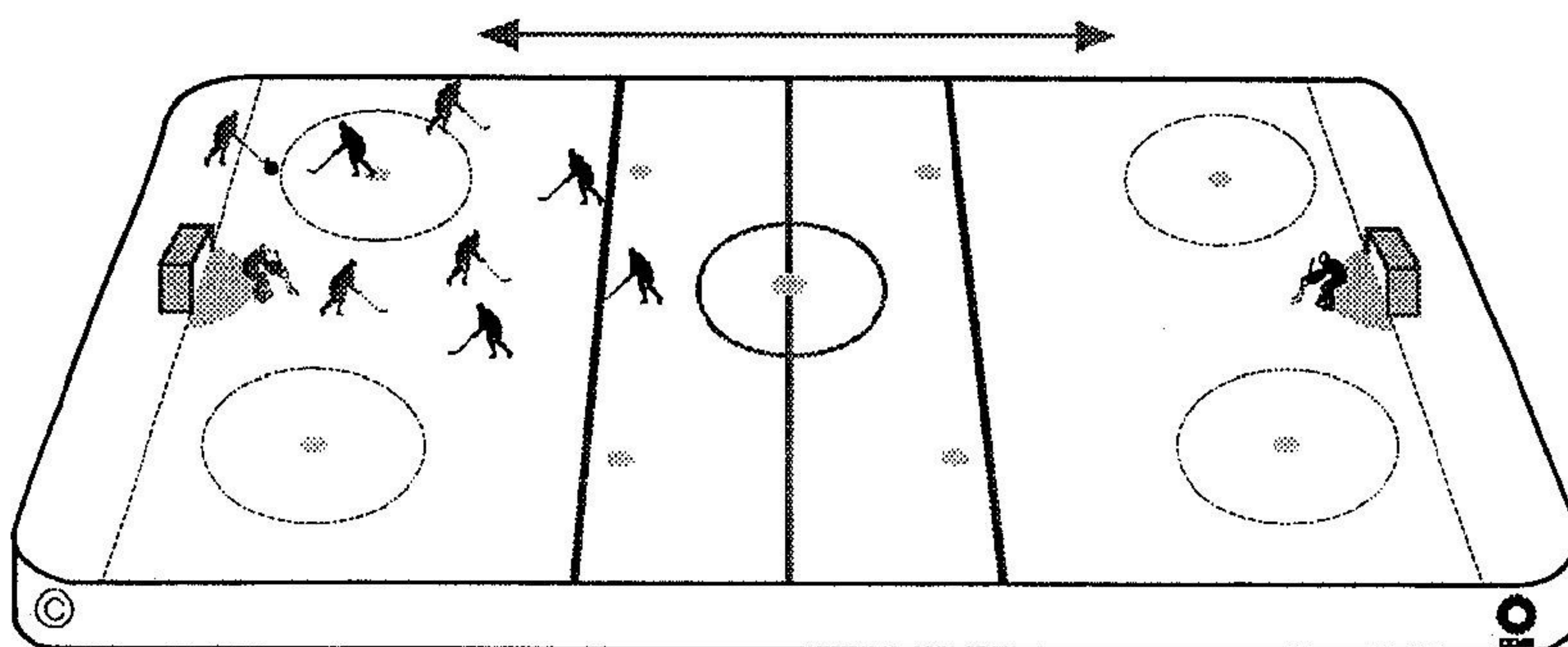
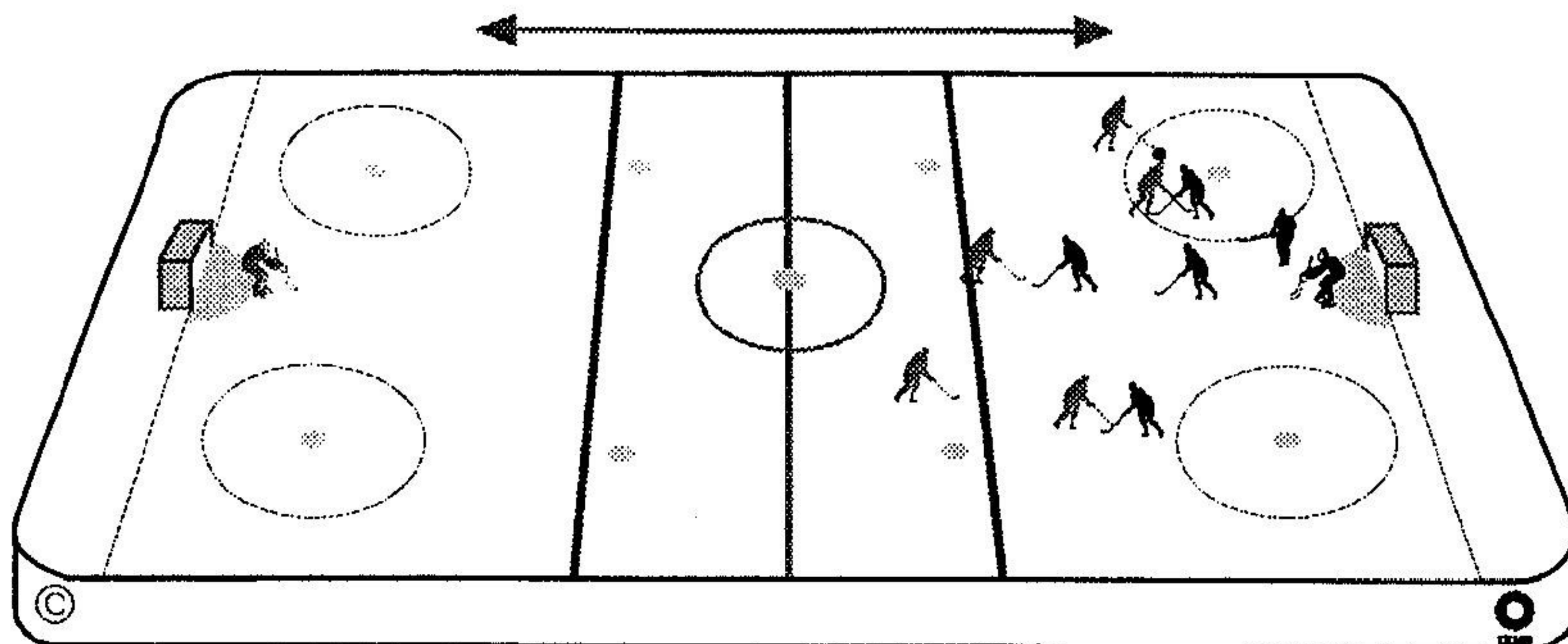
**4. D, Roles One and Two,**

**FULL ICE 4-4 WITH A CONTINUOUS 2-2 TWO PLAYERS OF BOTH TEAMS WAITING IN THE NEUTRAL ZONE**

Start with 4-4 game. When the puck is over the blue line two players from each team wait in the neutral zone. Once the defending team gains the puck, they pass the puck to the neutral zone and the other 2-2 is played toward the other goal. The original defenders and attackers follow to the neutral zone and go in the other direction when they get a pass. Time the shifts, or have the players in the neutral zone change on the go after they have attacked and defended once.

**D-4012**





**132B Level 4 LEARNING THE GAME**

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

**FULL ICE GAME LEAVING THE DEFENSIVE ZONE AFTER THE PUCK**

Play a full ice 3 on 3 or 4 on 4 game with the rule that the attacking players cannot leave their zone until the puck is over the blue line. This rule forces the players come back deep and save ice, support the puck and not leave their defensive zone too early.

**D-4013**

**133 Level 4 LEARNING THE GAME**

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

**FULL ICE GAME ONE PLAYER LEAVING THE DEFENSIVE ZONE BEFORE THE PUCK**

To create depth in the attack and play a full ice 3 on 3 or 4 on 4 game with the rule that the farthest player from the puck can leave the zone before the puck is over the blue line. This stretch man must only go if he sees that the puck carrier has complete control and will have time to look up the ice.

**D-4014**

**133B Level 4 LEARNING THE GAME**

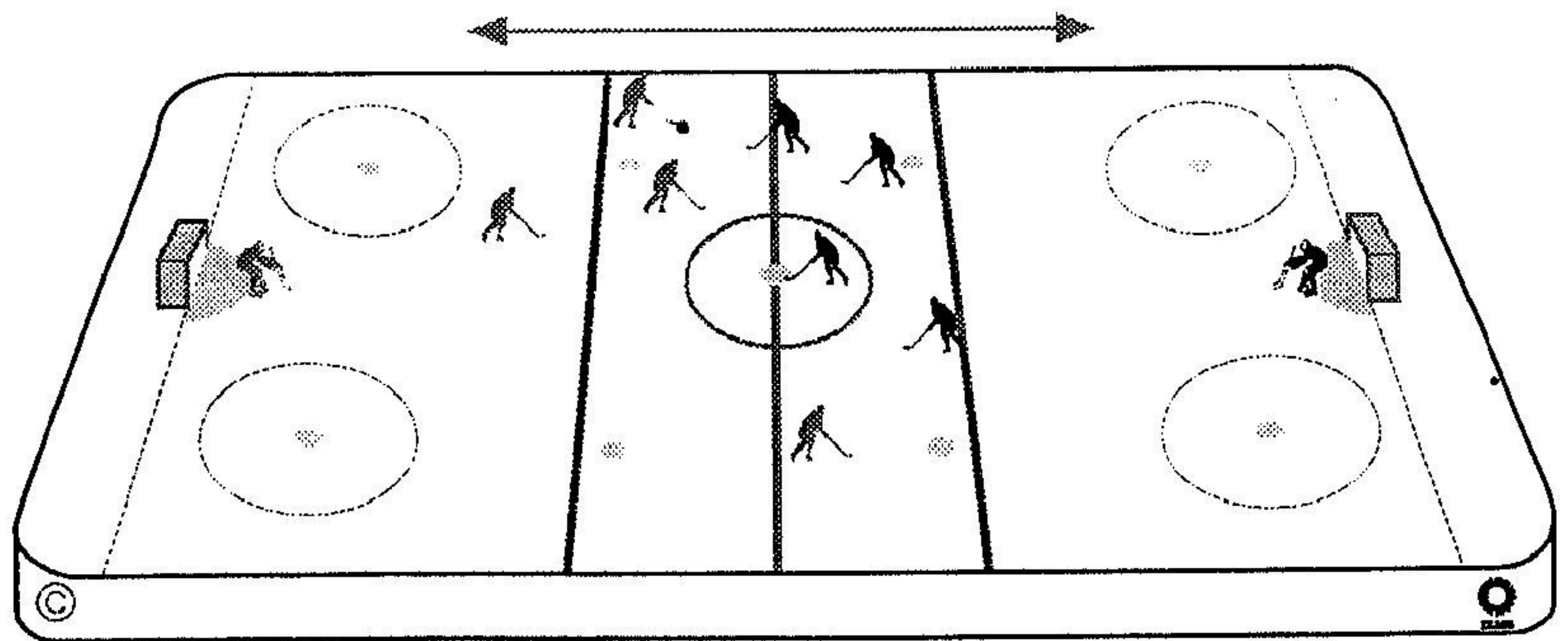
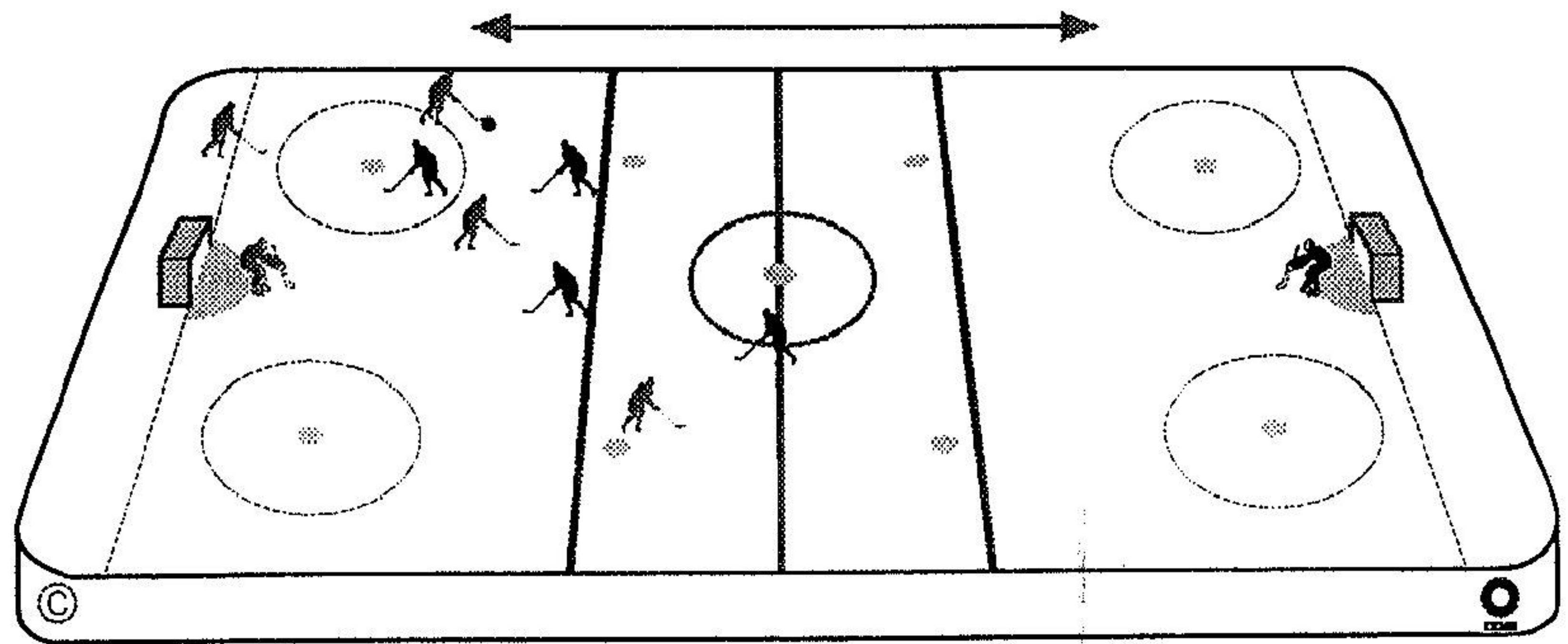
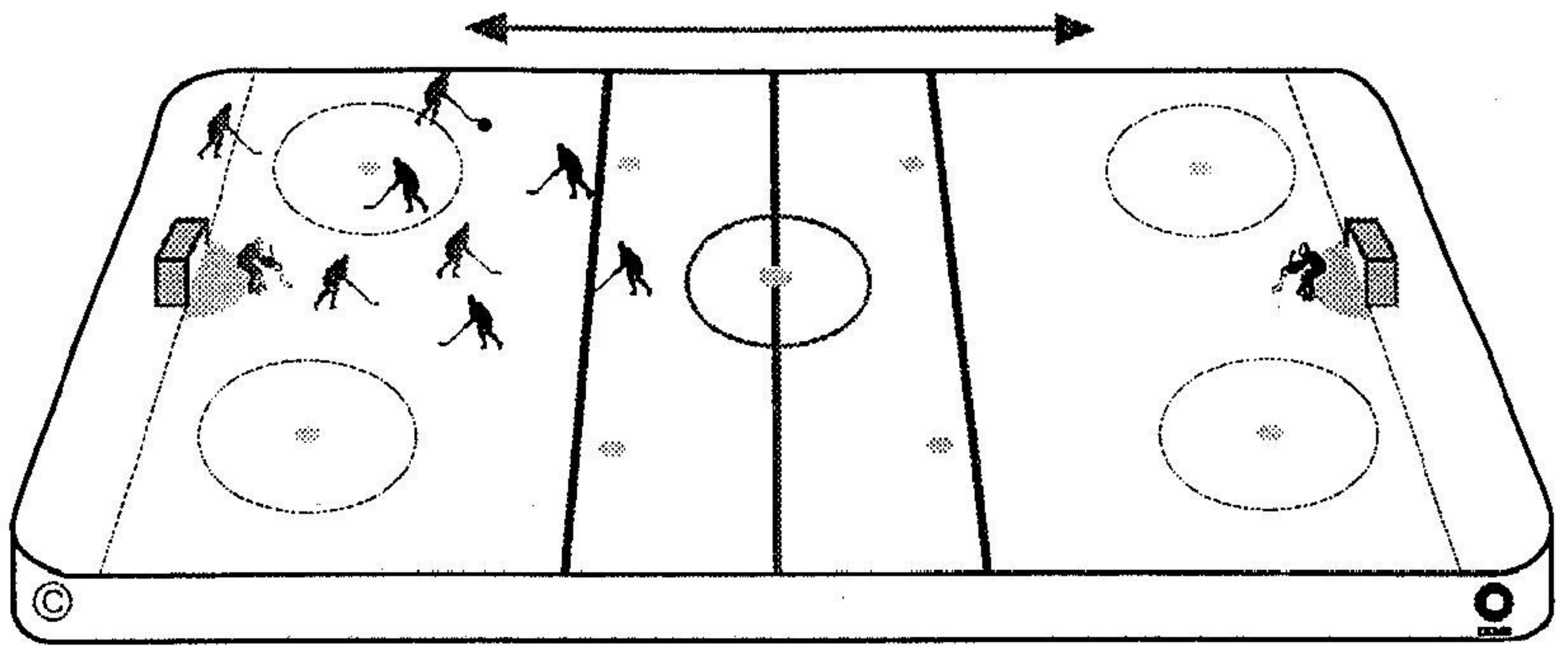
**4. D, Roles One and Two,**

**FULL ICE WITH NO PASSING UNTIL YOU HAVE GAINED A ZONE**

Play a full ice 3 on 3, or 4 on 4 game with the rule that the player cannot pass until they have gained a zone. This forces the puck carrier to drive skate to open ice with the puck and practice their moves. One pass is allowed in the offensive zone.

**D-4015**





**134 Level 4 LEARNING THE GAME**

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

**GAME WHERE THE PLAYER MUST SKATE BACKWARDS BEFORE PASSING**

Play a full, cross or half ice game with the rule that the player must skate backwards before passing or shooting. This rule causes the player to slide away from pressure and see the ice more easily and freeze the defenders. It also changes the passing angles and enables the puck carrier to use his forehand.

**D-4016**

**134B Level 4 LEARNING THE GAME**

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

**ALL THE PLAYERS HAVE TO TOUCH THE PUCK BEFORE SCORING**

Play a full ice game of 3 on 3 or 4 on 4 in which all the players have to touch the puck before scoring. This game practices passing and receiving skills and creates the need for close support requiring the puck carrier to look around for team mates who must be passed to before a shot can be taken.

**D-4017**

**135 Level 4 LEARNING THE GAME**

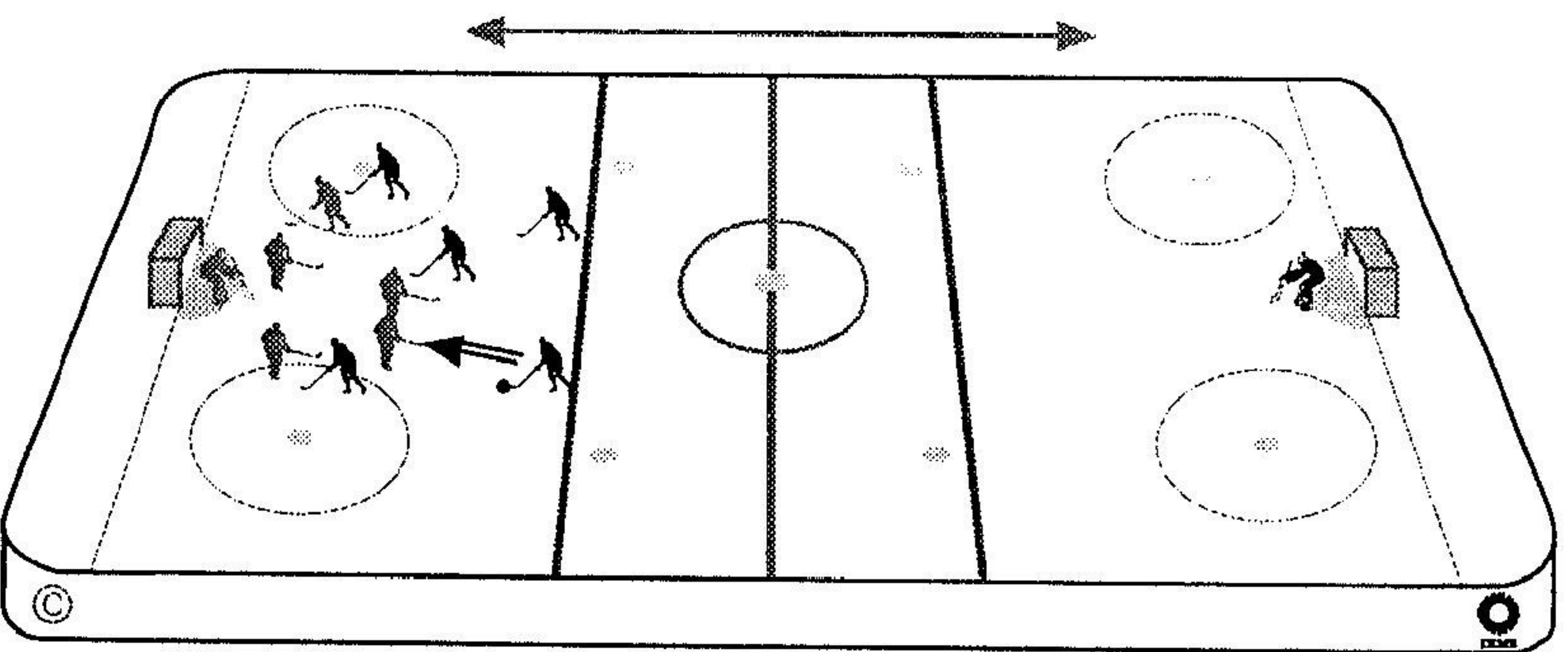
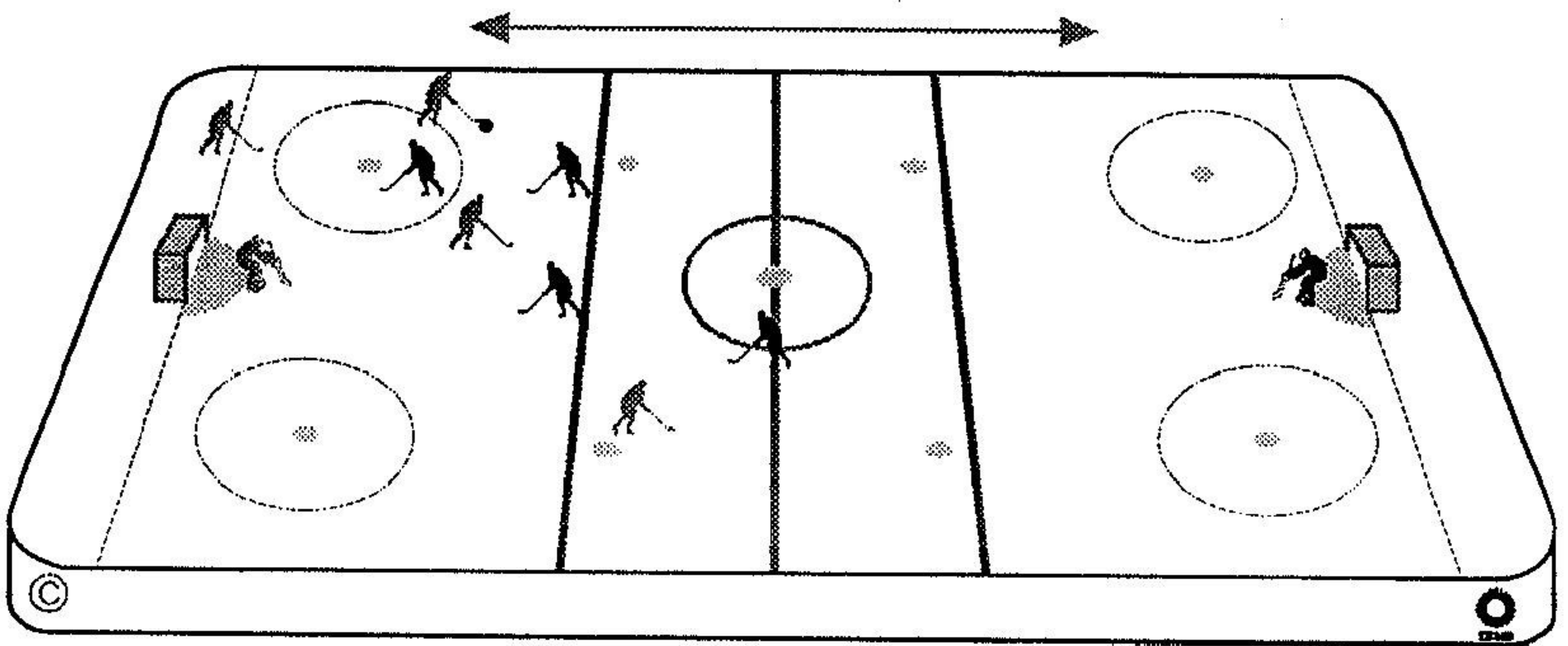
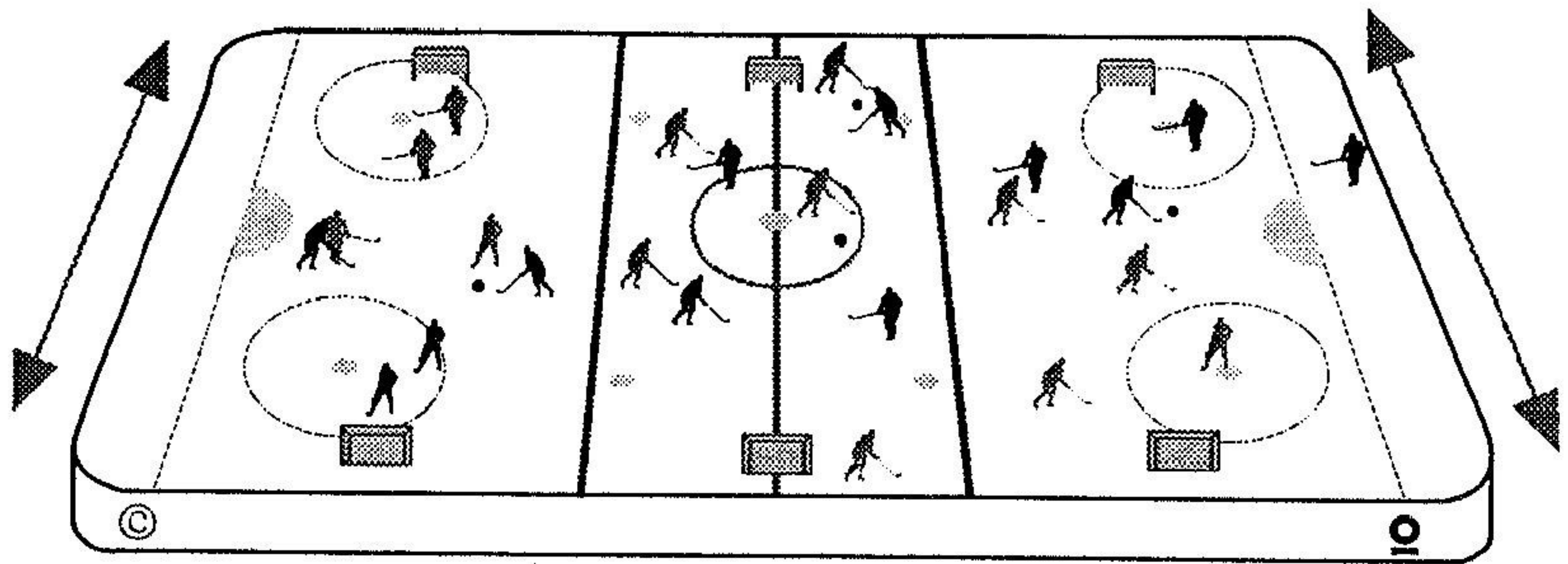
**4. D, Roles One and Two,**

**ALL GOALS MUST BE STARTED BY PLAYS FROM THE DEFENCEMEN**

Play a half or full ice game and only allow goals scored where the original shot or shot pass is from the point. This encourages the unit to be compact when attacking and the defense to support the play and the forwards must screen and fight for rebounds. The defense should drag the puck inside the dots before shooting. It also creates a situation where the back checkers must cover the points.

**D-4018**





**135B Level 4 LEARNING THE GAME**

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

**GAME THAT TEACHES CLOSE SUPPORT**

Play a full, cross or half ice game but only allow two or three stick touches, or one or two seconds with the puck before passing or shooting. This helps the players to develop split vision and to look around before they get the puck, and also forces everyone to support the puck carrier.

**D-4019**

**136 Level 4 LEARNING THE GAME**

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

**PASSING TO THE CLOSEST TEAMMATE**

The player with the puck must pass to her closest team-mate. This causes players to come back to the puck or support the puck carrier more closely it also practices making the easy play.

**D-4020**

**136B Level 4 LEARNING THE GAME**

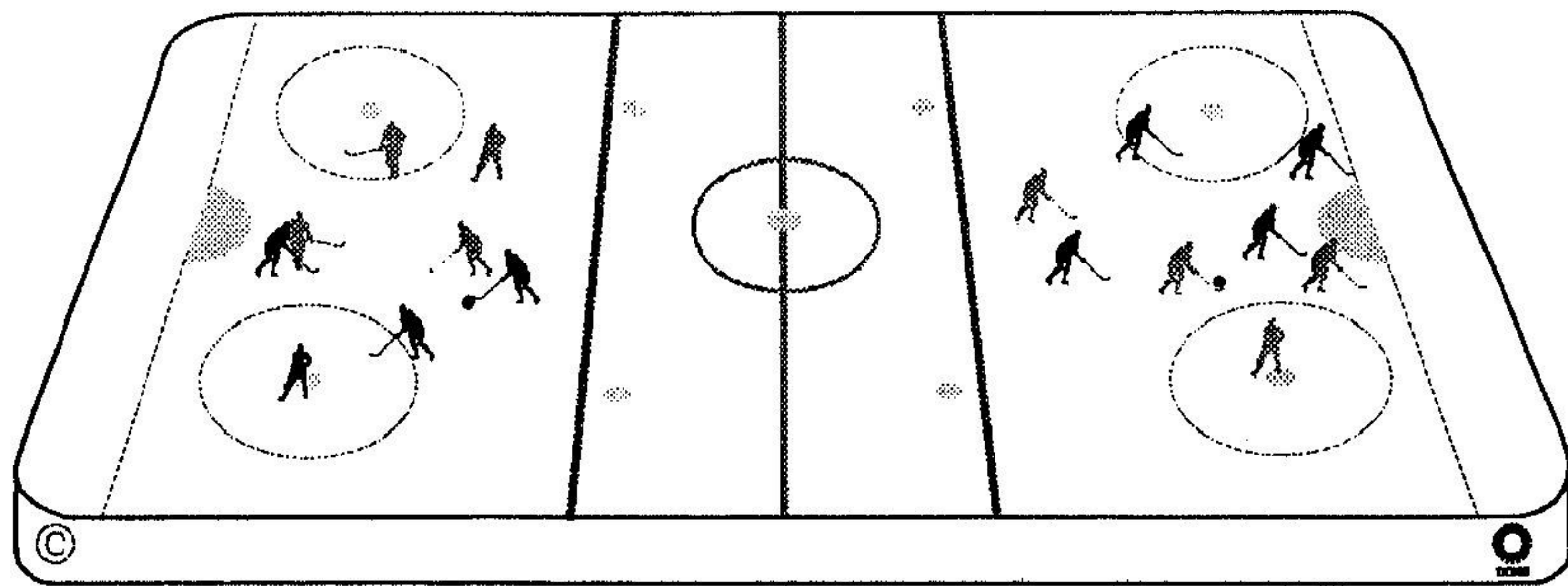
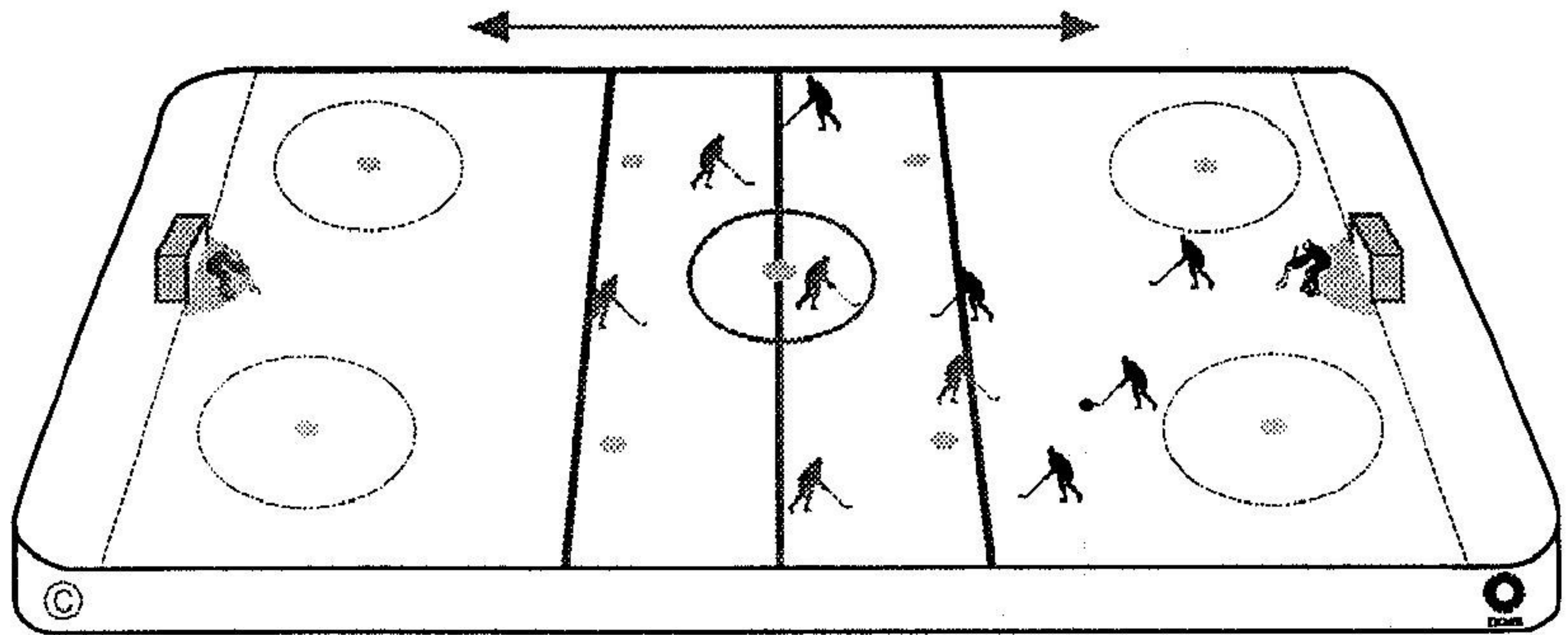
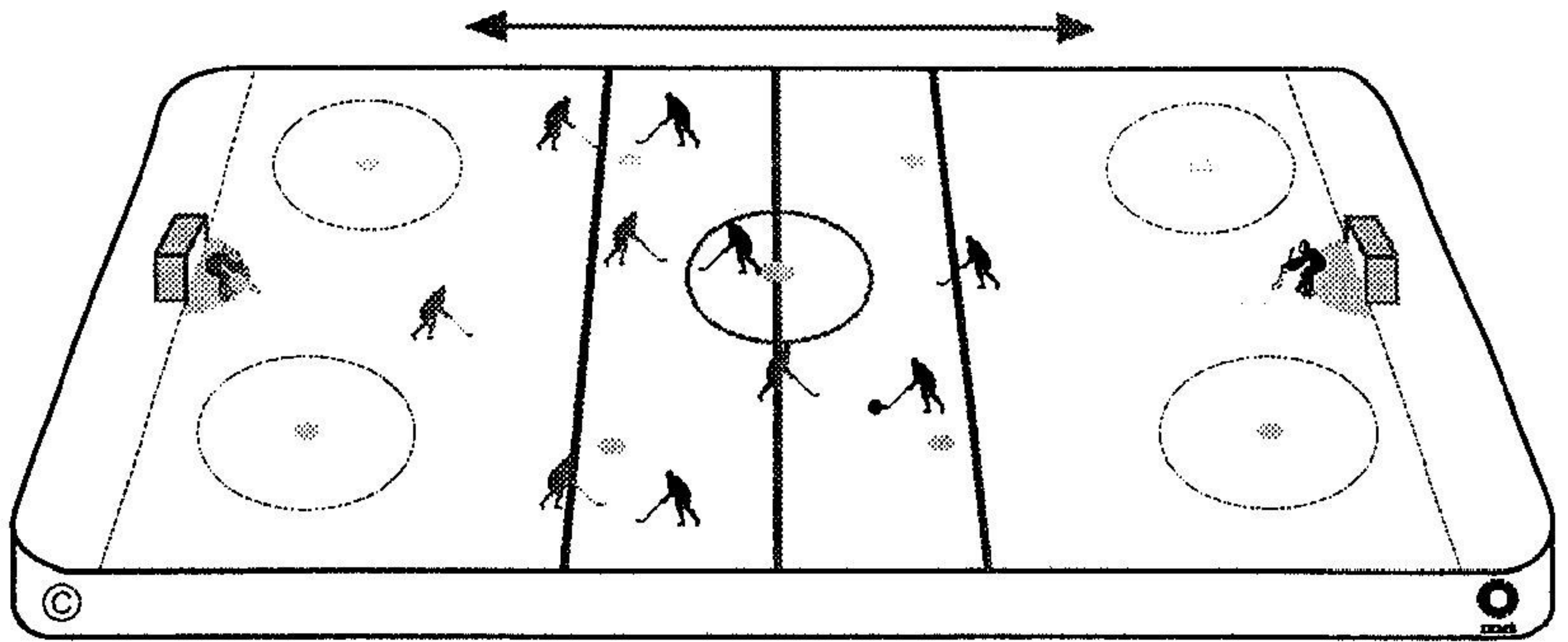
**4. D, Roles One and Two,**

**GAME WITH 7-10 CONSECUTIVE PASSES IN ONE ZONE**

Points are given to the teams of maximum 4 players playing a half ice game (D4) that can make 7 to 10 consecutive passes. At a more advanced level no return passes are allowed.

**D-4021**







### **137 Level 4 LEARNING THE GAME**

#### **4. D, Roles One and Two, PLAYING A PUCK CONTROL GAME**

To develop a flow type of team offense, play games that concentrate on puck control. In this scrimmage the point is not to score until all players have handled the puck in the offensive zone, while the players interchange positions following the principles of offense; using width, depth and support at all times. This game teaches the players to read the play and move into open lanes and supporting positions.

D-4022

### **137B Level 4 LEARNING THE GAME**

#### **4. D, Role One and Two, PUCK CONTROL GAMES ONE ON ONE, TWO ON TWO, THREE ON THREE KEEPAWAY IN ONE HALF OF THE RINK**

To develop a flow type of team offense, play keep away games that concentrate on puck control. The game is played as half ice game with no net. Start one on one for 30 sec. The puck carrier has to keep the puck away from the opponent by keeping his feet moving, making tight turns and protecting the puck. After all the players have had one turn play two on two and then three on three.

D-4023

### **138 Levels 3-4 LEARNING THE GAME**

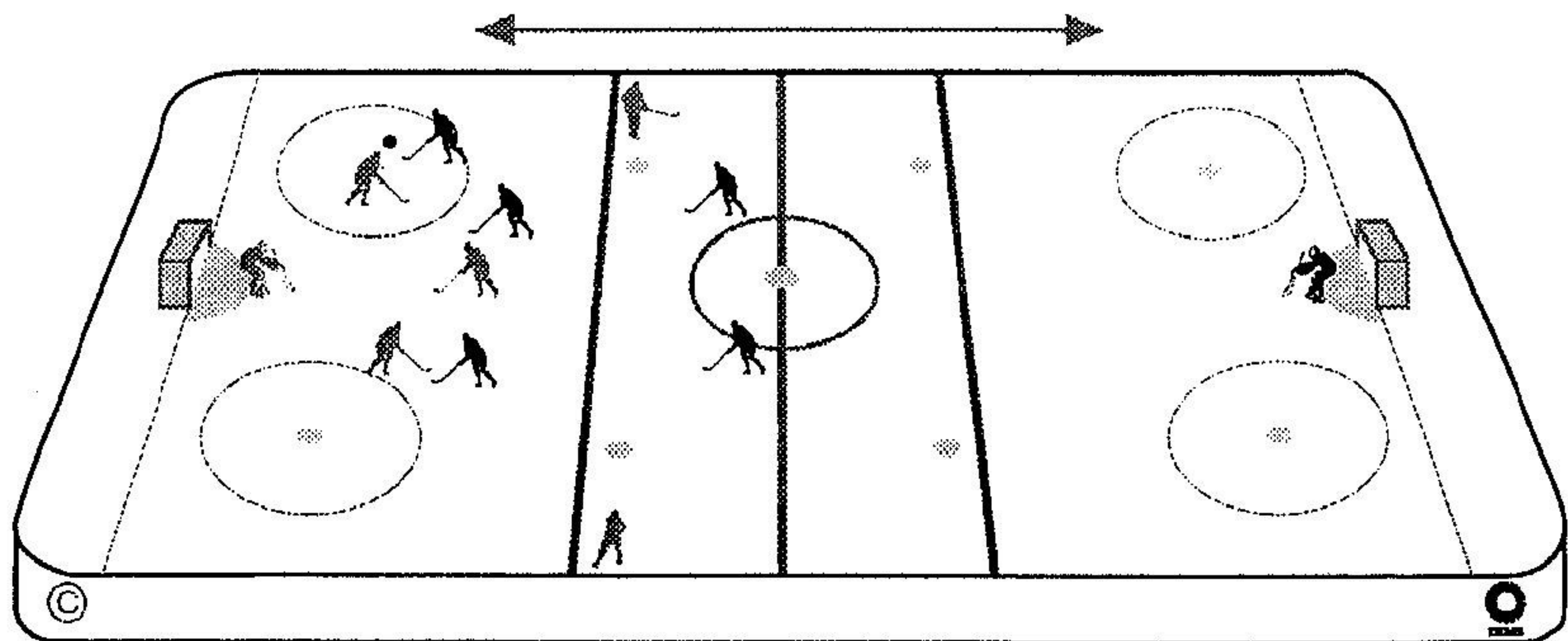
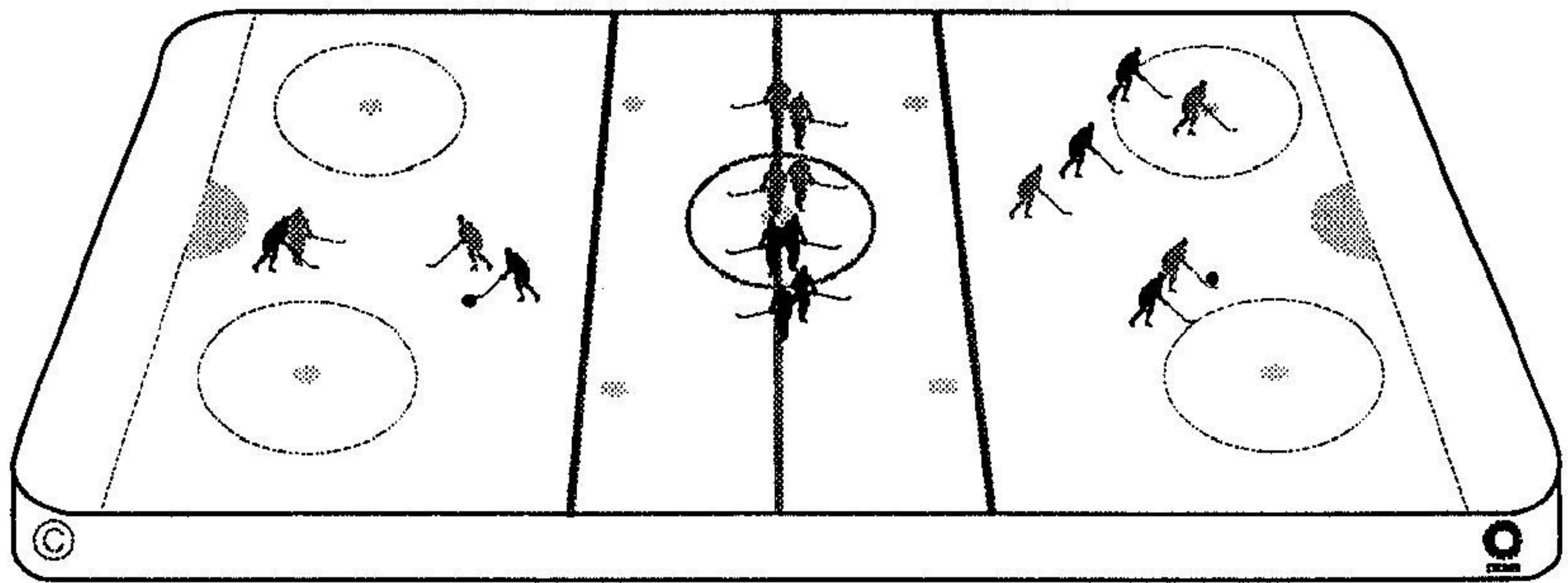
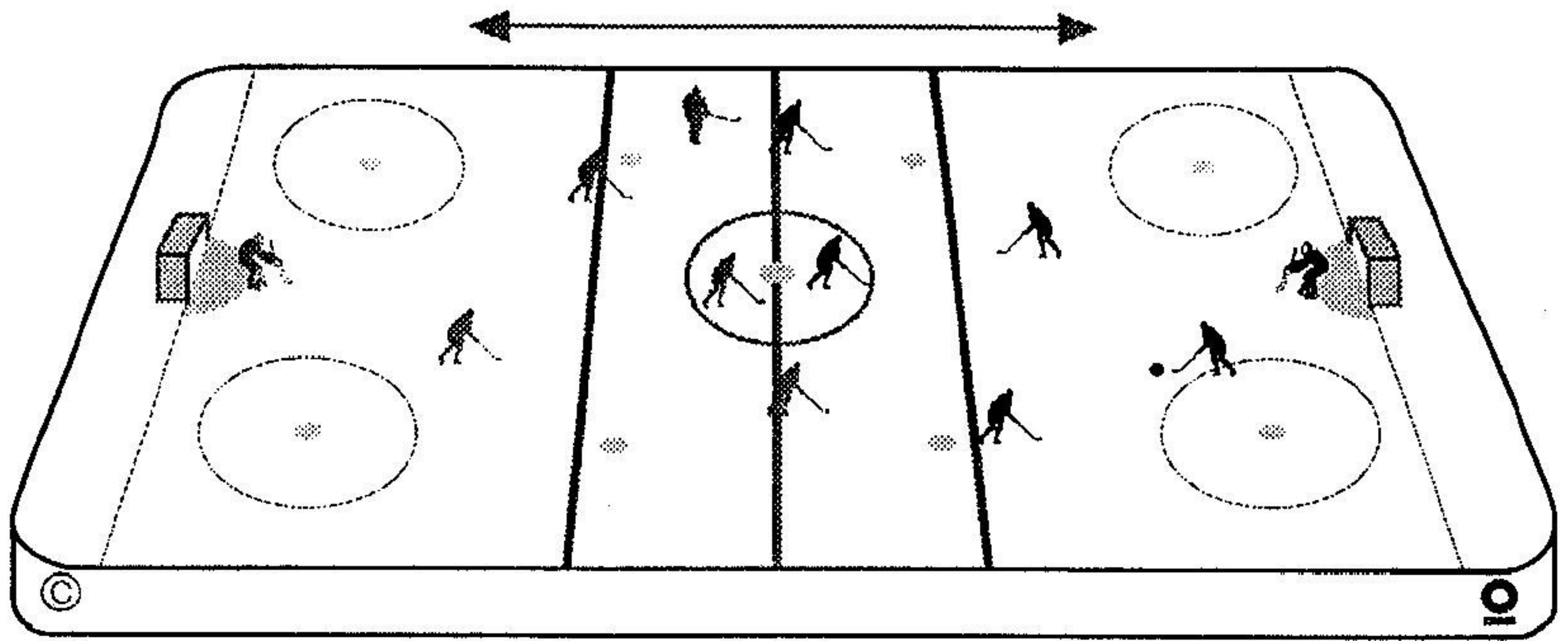
#### **4-5. D, Orientation, PRACTICE GAME SITUATIONS BY HAVING PLAYERS WAIT IN THE NEUTRAL ZONE**

In order to create the various situations that happen in a hockey game play 5 on 5 and have players wait in the neutral zone. An example is; practice 3 on 3 at one end and 2 on 2 at the other end by having the last two back checkers and the attacking defensemen wait for the puck in the neutral zone. The other three players on each team play 3 on 3 inside the blue line.

When the forwards get a clearing pass from their team mates who just defended in the two on two situation they attack the other net 2 on 2 and the players who played the 3 on 3 wait in the neutral zone or are replaced by new players. This game can have times shifts or new players rotate in and wait in the neutral zone after they have attacked and defended once. The coach can use this method to create even or odd numbered situations, i.e. continuous 3 on 2 or 2 on 3.

D-4024





**138B Levels 3 - 4 LEARNING THE GAME**

**3-4. D, Four Playing Roles,**

**POWER PLAY AND SPECIALITY TEAMS:**

**HALF ICE 5-5, 5-4 WITH ONE PLAYER IN NEUTRAL ZONE**

To practice the power play and penalty killing play a game of 5 on 5 but leave one player on the defending team in the neutral zone. Alternate who waits in the neutral zone so all players learn to kill penalties.

**D-4025**

**138C Levels 4-5**

**HALF ICE 5-5, 5-3 WITH TWO PLAYERS IN NEUTRAL ZONE**

To practice the power play and penalty killing play a game of 5 on 5 but leave two players on the defending team in the neutral zone. Alternate who waits in the neutral zone so all players learn to kill penalties. If your team uses two defensemen when two men short, then two forwards stay outside of the zone. If two forwards are used on the kill, then one forward and one defenseman wait in the neutral zone.

**D-4026**

**139 Levels 3-4 LEARNING THE GAME**

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

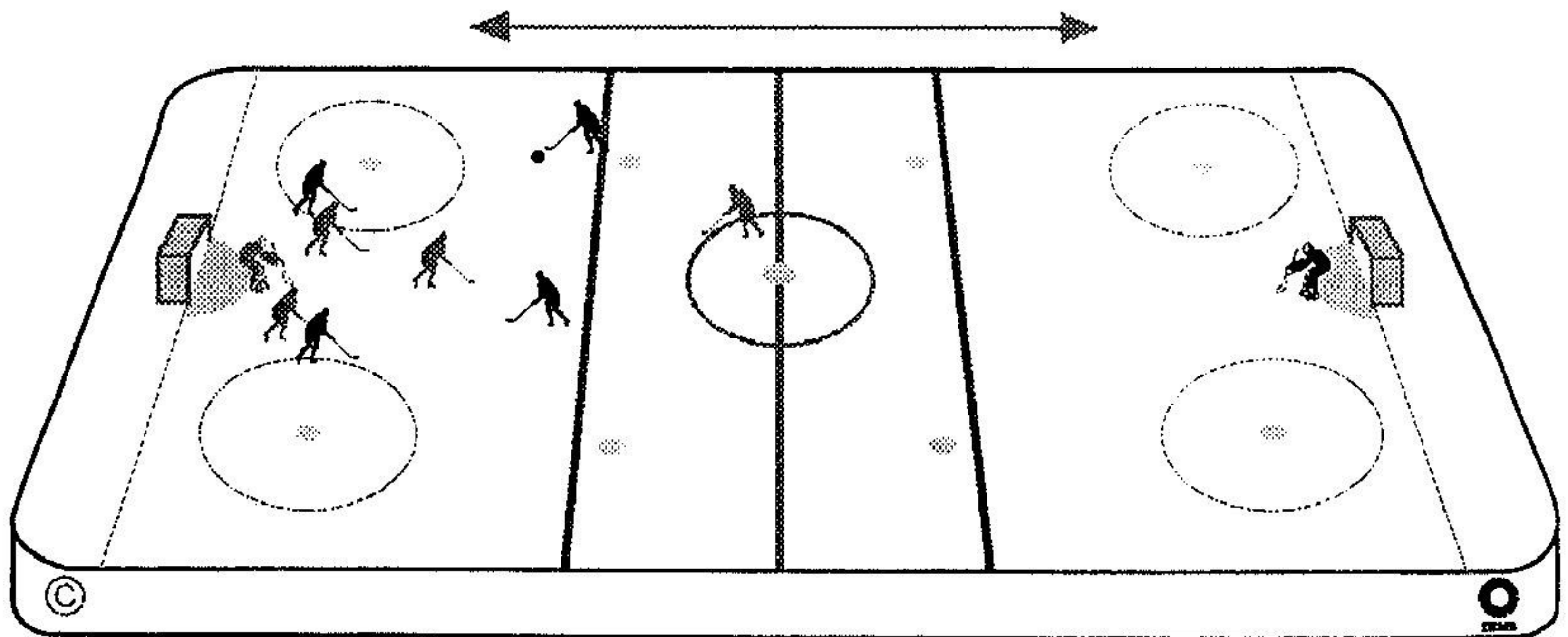
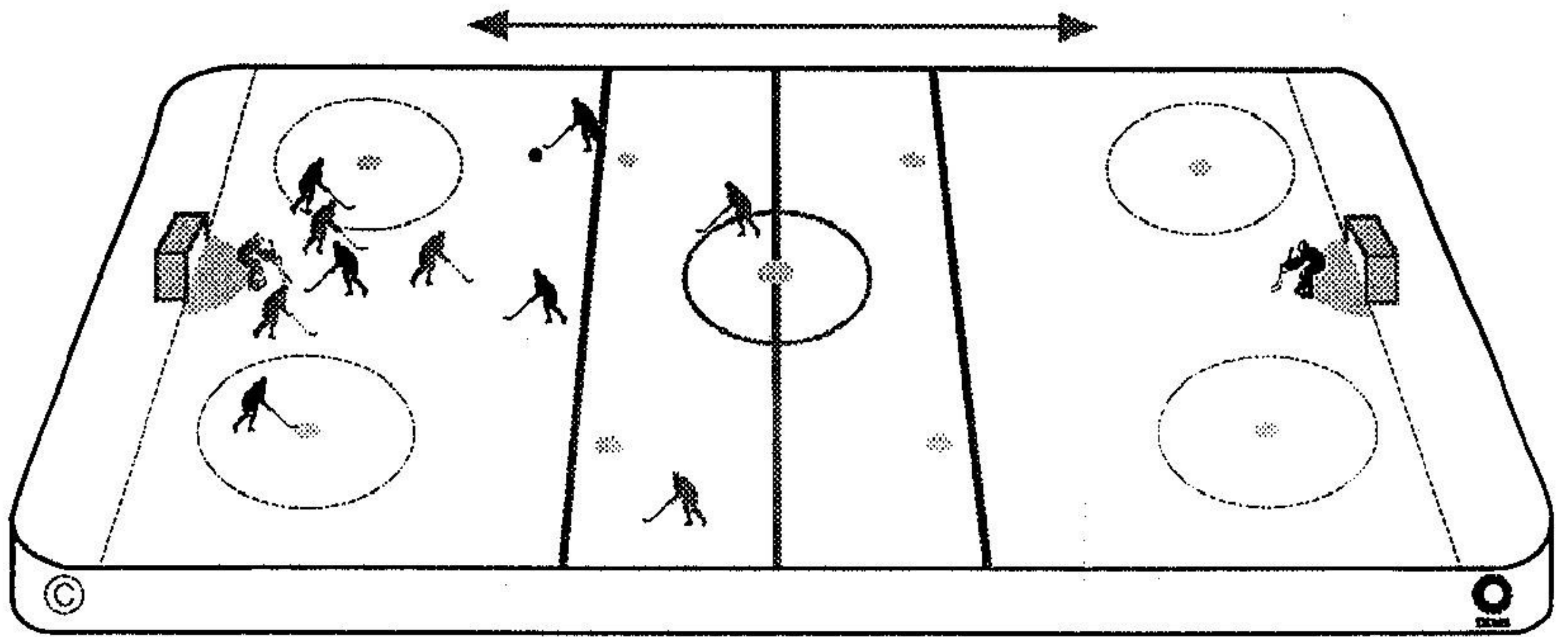
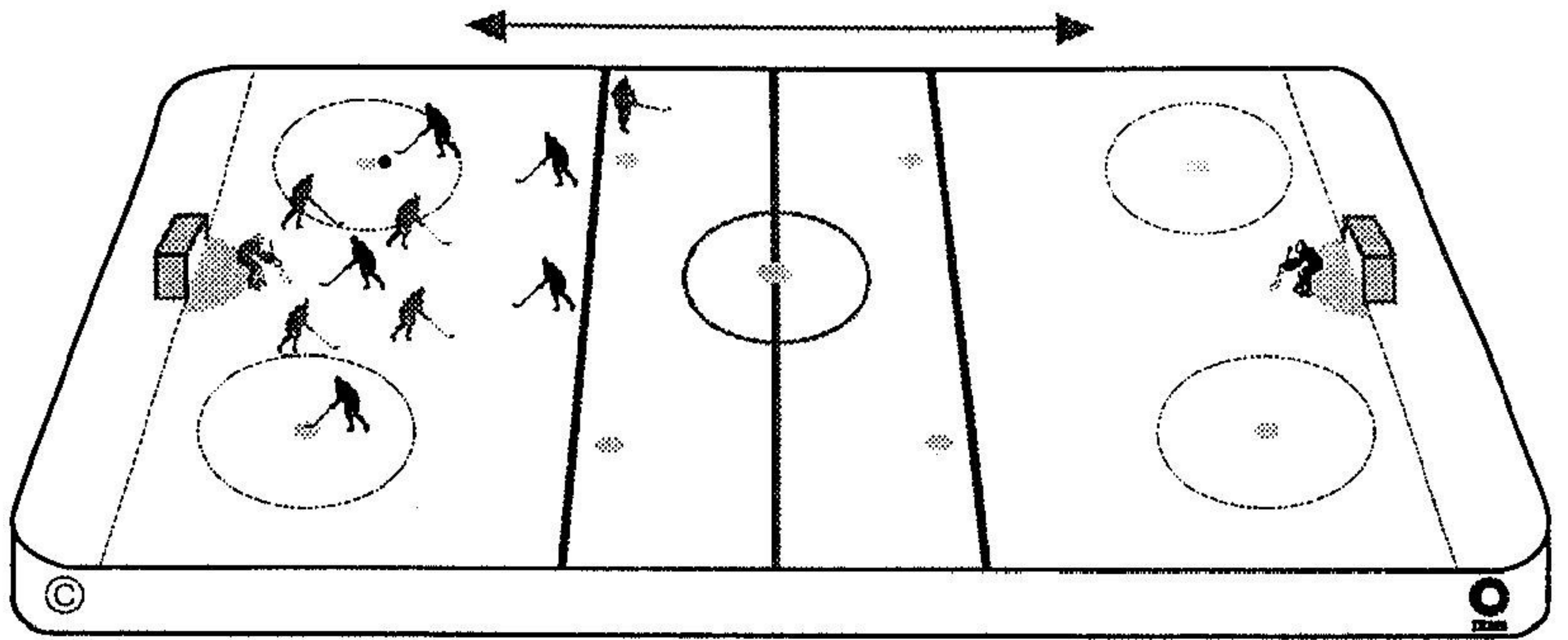
**HALF ICE 4-4, 4-3 WITH ONE PLAYER IN NEUTRAL ZONE**

To practice the power play and penalty killing play a game of 4 on 4 but leave one player on the defending team in the neutral zone. Alternate who waits in the neutral zone so all players learn to kill penalties. If your team uses two defensemen when two men short, then one forward stay outside of the zone. If two forwards are used on the kill, then one defenseman waits in the neutral zone.

One player on the defending team stays in the neutral zone. This allows two units to work on power play and penalty killing. Alternate who waits in the neutral zone so all players learn to kill penalties.

**D-4027**





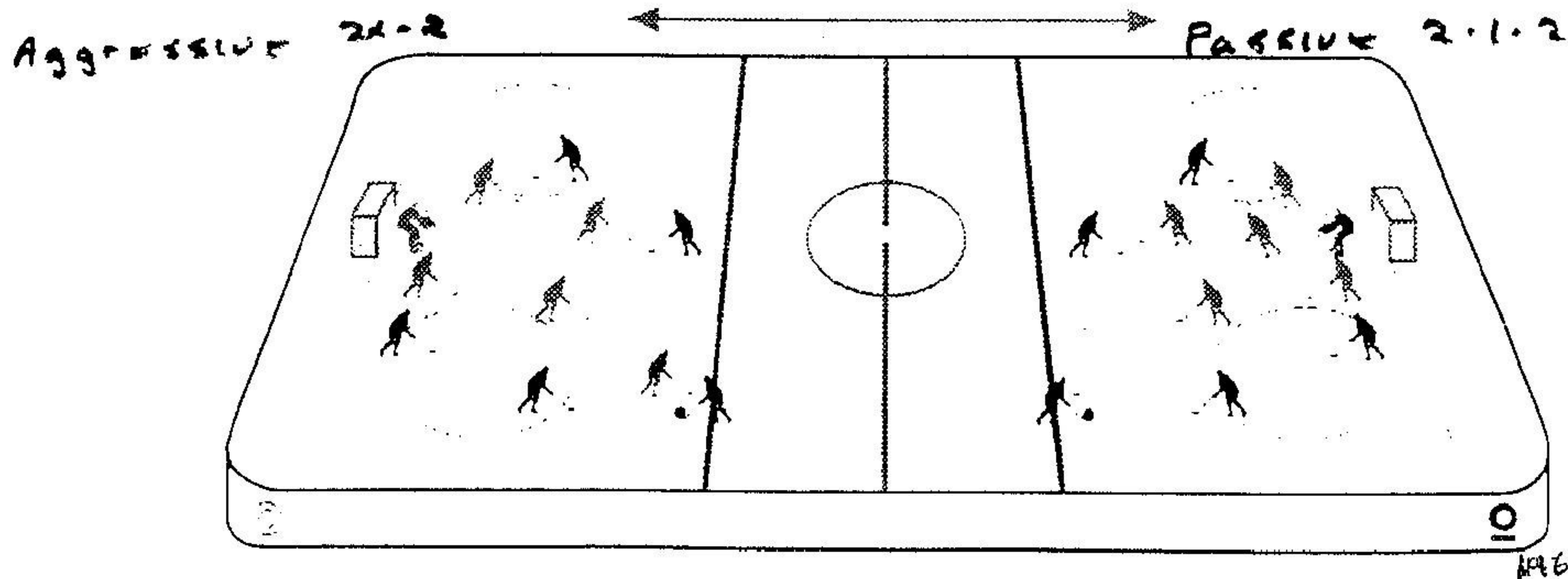
139B Levels 3-4 LEARNING THE GAME

3-4. D, Roles Three and Four,

DEFENDING THE SLOT WITH A PASSIVE 2-1-2

- \* Play a game inside blue line. The defensive team stands in the slot area in a 2-1-2 formation. They are in a tight box with one forward in the middle. The defenders are only allowed to take one stride.
- \* If the puck is coming out of the corner the defenseman takes one step toward the puck and the forward in the middle fills the corner of the box. The weak side forward sags into the slot and the strong side forward collapses down one stride.
- \* The offensive team can do anything it wants to score. The defenders keep their sticks in the passing lanes, play the body, control the attackers sticks in the slot and fight for rebounds. Have the same thing going on at both ends. The offense gets one minute to score, then switch and allow the defense to attack.
- \* The main principle of defending is simple, it is to control the slot area in front of your goal.
- \* When teaching defensive zone coverage the coach should show the players where to skate back to in order to protect the slot area.
- \* Defend from inside out, always staying between the opponent and the net. As the puck gets closer to the goal more man to man coverage is used on players without the puck. The slot area is where the defenders skate to on defense trying to force the puck to the outside and up the boards.

D-4028





140 Levels 3-4 LEARNING THE GAME

3.-4. D, Roles Three and Four,

ONE THIRD ICE GAME WITH AGGRESSIVE 2-1-2 DEFENSE

The defense sets up in a tight box with one forward in the middle. The description of the one checker pressure and a box behind follows.

- \* The offense starts with the puck at the blue line.
- \* The closest defensive player pressures the puck from the inside out and makes contact with the attacker.
- \* When she does this the middle forward rotates to her place at the puck side corner of the box and all the defenders move to the strong (puck) side of the ice. Usually one defenseman checks the puck carrier, one defenseman covers the attacker in front of the net, the first back checker backs up the defender in the corner, the second back checker covers the mid slot and weak side point and the last back checker covers the strong side point. If the first forward back is checking the puck carrier, then the strong side defenseman is in a low support position.
- \* The remaining four players have sticks in the passing lanes and are on the defensive side of the offensive players.
- \* When pressuring the puck the defender skates in straight lines and always finishes checks. The middle forward supports the 2 on 1 attack from the inside of the box, always in a position to maintain the defensive side of her check while supporting the first checker. When the play goes to another area the closest player forces the play in the same way. All players are responsible to cover one attacker and defend a 2 on 1 if a team mate is beaten.
- \* If the defenders maintain this tight box and create immediate pressure by the closest defender on the attackers, they will be able to control the slot area in front of their net.

D-4029

