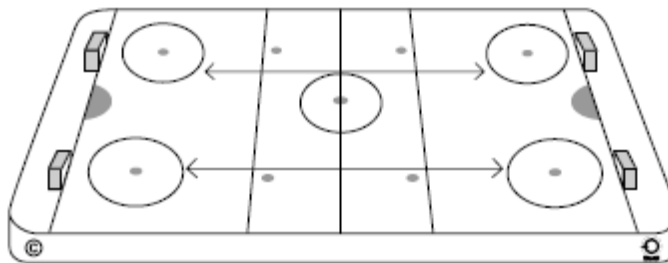


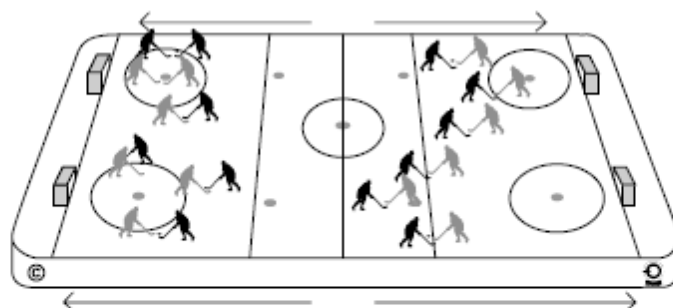
D5 VARIATION

A game at each end, with 1 goal, and a cross-ice game in the middle.



D6 FORMATION

In the **D6** formation there are 2 full-length games at once, with 4 teams. No hitting or long slapshots.

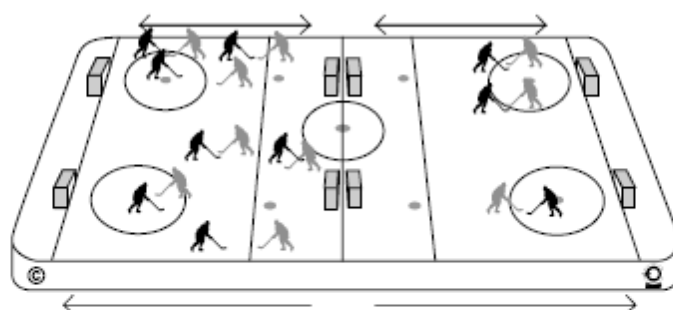


D7 FORMATION

In the **D7 formation** the players are put into 8 teams and play 2 half-ice games at each end of the rink. Each game can have special rules or all of the games can have the same rules. **It is an excellent way to make use of the entire rink.** Up to about 40 skaters and 4 goalies can all play at the same time. Of course, the bigger players need more space and smaller teams.

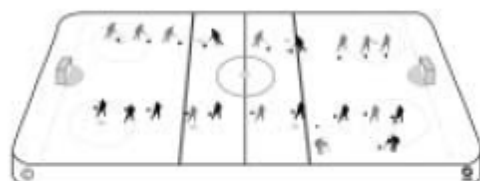
The tight situation causes the players to have to read and react quickly and develop quick moves.

Many drills can also be done using this formation when you have large groups and multiple goalies. It is a great way to share the ice and play tournaments or set up a combination of games and skill activities.



D8 FORMATION

In the **D8 formation** the players are divided into 8 teams, and they play 4, quarter-ice games; each game has 2 nets. **This works best if there is a rink divider along the red line to keep the puck in one end of the ice.**

**CARD 36 LEVEL 2 BASIC SKILLS: STICKHANDLING****B3, I-0 BASIC FORMATION**

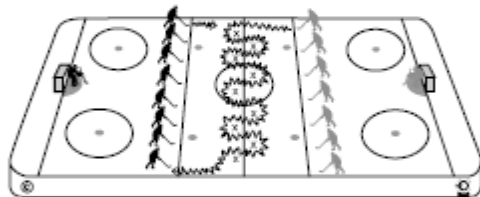
The players line up in 2 lines down the middle of the ice. This formation is used to practice stickhandling and puck-protection skills.

B300-2001

CARD 36b LEVEL 2 BASIC SKILLS: STICKHANDLING**B3, I-0, MODULE 1**

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

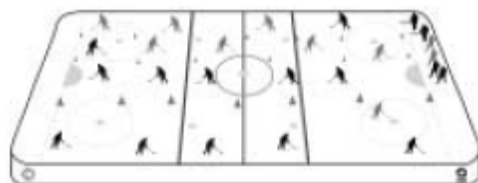
B300-2002

CARD 37 LEVEL 2 BASIC SKILLS: PUCK-HANDLING**B3, I-0, MODULE 2**

- Stationary puck-handling, move the puck narrow and wide in front and at each side of the body.
- Tight forehand turn with the top hand across the body and under the other arm. This helps the players separate the top and bottom halves of their bodies.
- Place small pylons or packs about 12 feet/4 meters apart and 1 1/2 feet/.5 meters on either side of the blue line, skate around the pylons and carry the puck over the line. The player must reach as far as possible to keep the puck on the line. This separates the movement of the top and bottom halves of the body.

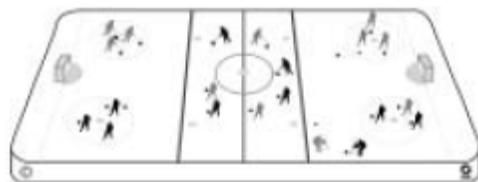
- The players can also skate around the pylons but keep the puck on top of the line. This separates the movement of the upper and lower body.

B300-2003


CARD 37b LEVEL 2 BASIC SKILLS: PUCK-HANDLING

B3, MODULE 6

Place a circuit of tires, pylons and small sawhorse-type obstacles in 4 lanes up and down the rink. Make lanes from the boards to the offside dot, 1 down each side and 1 down the middle. The players leave from the A2 position behind the goal line in 1 corner; skate down the lanes, going through, over, under and around obstacles while carrying a puck. When they finish in the corner they skate behind the net to the back of the line. Move the line so that they are active 50% of the time. Shots can be incorporated in the circuit.

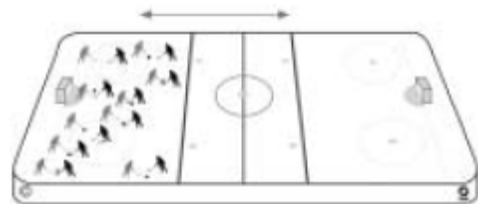
B300-2004

CARD 38 LEVEL 2 BASIC SKILLS: PUCK-HANDLING

B3, I-0, MODULE 7

Have all of the players carry a puck in a small area, such as inside a faceoff circle with about 6 players, or between the blue lines with a large group. The players weave in and out, always protecting the puck with their bodies. On the whistle skate fast for about 5 seconds, then slow down on the next whistle. Various puck protection skills can be practiced. Start with having them shield the puck with their bodies and, whenever another player approaches, spread their legs wide apart and use head and shoulder fakes before swerving around

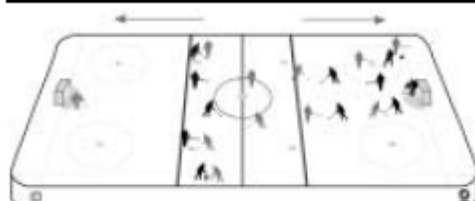
the other player. Then have them hold the stick with only the top or bottom hand, this causes them to shield the puck, as they cannot stickhandle well with 1 hand.

B300-2005

CARD 38b LEVEL 2 BASIC SKILLS: PUCK-HANDLING

B3, I-0, MODULE 8

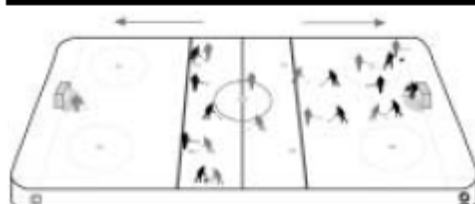
Have all of the players carry a puck in a small area, such as inside a faceoff circle with about 6 players, or between the blue lines with a large group. The players play keep-away, always protecting the puck with their body and by using quick moves. On the whistle remove 1 or 2 pucks. Those players without a puck on the whistle must do a few push-ups.

B300-2006

**CARD 48****LEVEL 2****LEARNING THE GAME****D, ROLE 1:
PUCK-PROTECTION SKILL****GAME HOLDING THE STICK WITH
ONLY THE TOP HAND AND
PROTECTING THE PUCK**

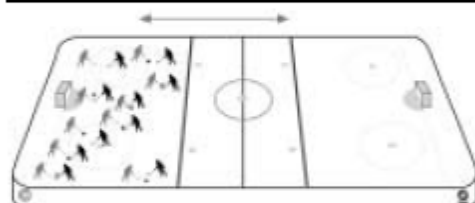
The players are only allowed to hold the stick with 1 hand. This causes them to set up a wall to protect the puck with the body, and skate to open ice away from pressure.

D-2011

CARD 48b**LEVEL 2****LEARNING THE GAME****D, ROLE 1:
STICK-HANDLING SKILL****GAME WITH HANDS CLOSE
TOGETHER NEAR THE TOP
OF THE STICK**

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

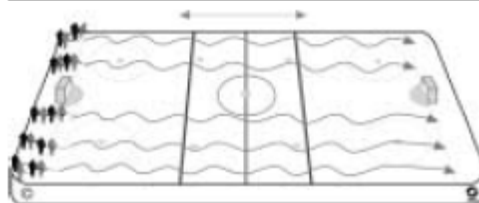
D-2012

CARD 49**LEVEL 2****LEARNING THE GAME****D, ROLE 1****FAST HANDS**

Everyone skates with a puck in 1 zone and weaves through the players using fakes and quick hands. On the whistle the players go full speed for 5-7 seconds and then go slower on the next whistle. Move the puck as quickly as possible during the speed bursts.

- Another activity is to have half of the players stand still with their sticks on the ice in front of them. The other players weave in and out making fakes and moves. The active players go fast for 7-10 seconds. They stand when the whistle goes and the resting group is active.

D-2013

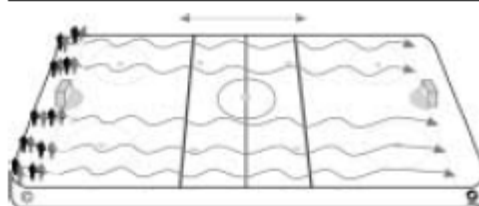

CARD 59 LEVEL 3 BASIC SKILLS: PUCK-HANDLING


**A200,
PUCK-HANDLING ROUTINE**

Do 1 length of the ice, while carrying the puck:

- Forward.
- Backward.
- Crossover forward.
- Crossover backwards.
- Full pivots on the lines and "the walls".
- Do 1 figure 8 in each half of the rink.
- Do 1 backward figure 8 in each half of the rink.
- Skate forward for 1 figure 8, while always facing the far end.

A200-3001

CARD 60 LEVEL 3 BASIC SKILLS: ORIENTATION TO PUCK-HANDLING


**3. A200,
RUSSIAN PUCK-HANDLING**

- Russian Puck-Handling Warm-up – this can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body.
- From the A200 formation, players skate down the ice in 4 groups; practice big moves with the puck.
- Reach forward while down on 1 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 as possible to the right with the puck, step with the left foot to the right and reach as far as possible to the left with the puck.
- 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. Do the same the other way.
- Do 3 or 4 crossovers to the left and reach as far as possible to the right with the puck, then cross over to the right and reach as far as possible to the left with the puck. 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, then quickly pull the puck across your body to the other side.
- Double fake by giving a small fake one way, then quickly pull the puck across your body to the other side. Immediately bring it back.
- Put the puck behind you and pass it up into your skates from 1 side, then the other.
- Have the puck in front of you and pass it back to your skates and up to your stick, then off the outside of each skate and to your stick.
- Reach back on the forehand, 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.

(Vladimir Jursinov)

A200-3002