

Coaching youth hockey is very different than coaching college or in a pro organization where you usually have at least 20 skaters. It is difficult to practice full ice team play. You scrimmage but find the players get too tired and are always changing on the go. Many youth teams only have ONE goalies or if a goalie is missing there isn't a third one to fill in. I have used this rotation line where one unit rests at the far blue after defending. Yesterday instead of waiting at the far blue line we had them wait at the far end and set up for a breakout. The defending team shoots the puck down the ice and the team that just attacked now forechecks.

This adds the breakout and forecheck to the scrimmage. If the defenders gain the puck they dump it deep and skate back to touch the red line and forecheck again. If there are two goalies the passive one can set up the puck on the dump in and rotate.

I will make this a regular part of our pre game practices or team play teaching practices.

Nest time I will try to get a video now that the players understand the rotation.

D1 - One Goal Full Ice Team Play Scrimmage - U18 F

Key Points:

Practice team play situations with 3 groups. It is best to have one colour for each group. The next group to attack waits at the far end.

Practice from 3-3 to 6-5 in a controlled scrimmage mode. Coach can give input while the players wait at the far end.

Description:

1. Red circles attack vs. Blue triangles either even or odd situation. Extra blue on the side if it is on the pk.
2. On a goal, frozen puck or turnover the blue fires it to the other end and forechecks.
3. Purple breakout and attack vs. blue and the red sets up to breakout at the far end.
4. Continue this rotation of ATTACK-DEFEND-SET UP AT FAR END.

<https://youtu.be/70sG8Dzljzc>

