

## D5 Keepaway Contests to Practice Skills and Good Habits - College W

### Key Points:

All 4 Game playing roles are practiced. Have rules like, only forehand passes, only backhand, an escape move before passing, 3 hard strides, one touch, 2" only, all skate backward, hold the stick with only one hand, saucer passes. 5 or 7 passes = 1 point.

### Description:

1. Groups have an area of the rink or else one group at a time has so many seconds to make as many passes as possible.
2. Good activity to warm up with if the goalies are working with a coach.
3. Use rules that include skating, passing skills, puck handling skills such as pivots.
4. Practice good habits like taking 3 hard strides when you get the puck or pass and get open.
5. Keep score and switch opponents. 1 point for every 5-7 passes.

*Video Examples with various groups and skills being worked on.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723183915331>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090802114758734>

<https://youtu.be/1zNtBuW8Tvk>

