

D1 Game Using Different Balls, Rings, Pucks - Youth

Key Points:

This is a nervous system overload situation where the player must adapt to the weight, bounce, feel, size of different objects and because there are multiple pucks, balls and rings he/she must also develop split vision.

Description:

1. Play a game with everyone on the ice at the same time.
2. Have multiple pucks or a combination of pucks, balls and rings.
3. If there is a soccer ball then only the feet can be used.
4. With a ring the player turns the stick upside down.
5. Only one player at a time can shoot, so the goalie must see and react to the shooter.
6. Leave the puck, ball, ring in the net after a goal and count the objects when all are in the net.
7. Use multiple nets if it is a large group with more than two goalies.

**The big guy in white and red is Dany Heatley when he was playing for Wisconsin. He came to my camps and trained with summer teams I coached from age 5.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090802104427602>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719153347134>

D1 - Multiple Pucks and Balls – Youth

<https://youtu.be/20S3PDuFoao>

