

D100 - Specialty Team Scrimmage - Player in Neutral Zone

Key Points:

This is a game from our book. I use the games all of the time but since this site is meant to update the ABC manual I haven't posted it. It is a very good way to practice specialty teams especially if you have less than 4 sets of 5. You can create any even or odd numbered situation at each end of the ice.

In order to create the various situations that happen in a hockey game, play 5-on-5 and have players from one or both teams wait in the neutral zone. Extra players are on the bench.

Description:

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.

- 5-4 last forward back stay in nzone.
- 5-3 last two F or one F and one D stay.
- 4-4 one from each team in nzone.
- 4-3 one attacker and two defenders stay.
- 3-3 two from each team.

Practice the stretch pass and player coming out of the penalty box by passing to the player in the neutral zone.

Have players change on their own or if you have at least 20 skaters use the whistle. This can be a free flow or controlled scrimmage.

D100 - PP Game 5-4 each end - U15 G

<https://youtu.be/MhzABvQHs50>

