

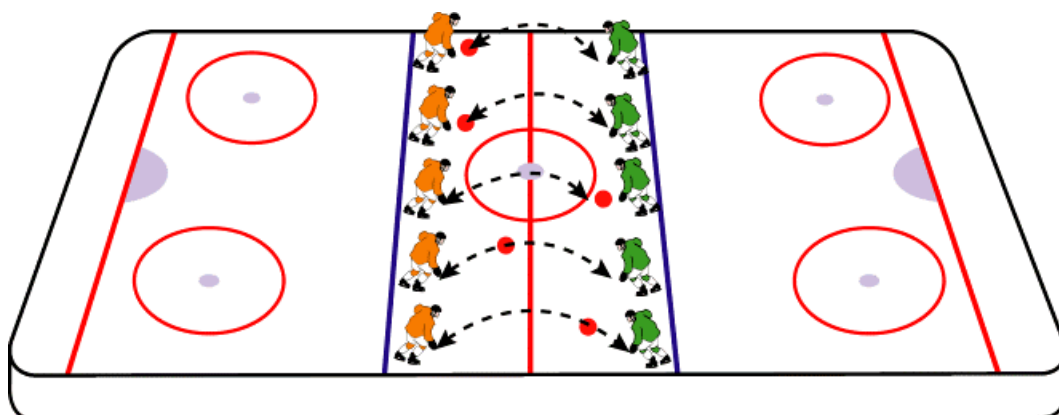
Games from the ABC's of International Hockey

Games to Develop On-ice Agility

CARD 7 – CATCH WITH A PARTNER

Play a game of catch with a partner. Use a ball and stand about 3-5 meters apart. This will stress balance on the skates.

D, ROLE 1

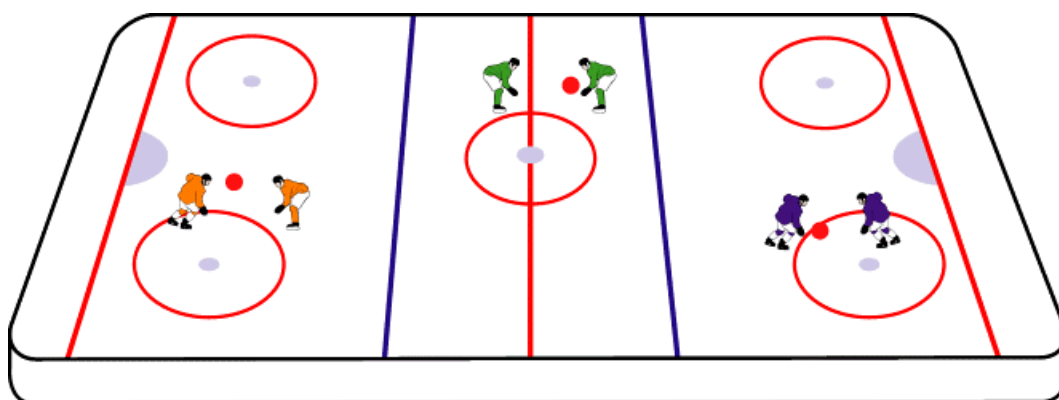


CARD 7b – CATCH WITH A PARTNER WHILE MOVING

Using formation B500, play a game of catch while moving around a small area of the ice. Partners can move anywhere on the ice while throwing and catching the ball. Groups larger than two can be used. This game helps in balance, using the edges, turning, and stopping.

O.D, ROLE 1

[Card 7b Skating: Game of Catch while Moving](#)



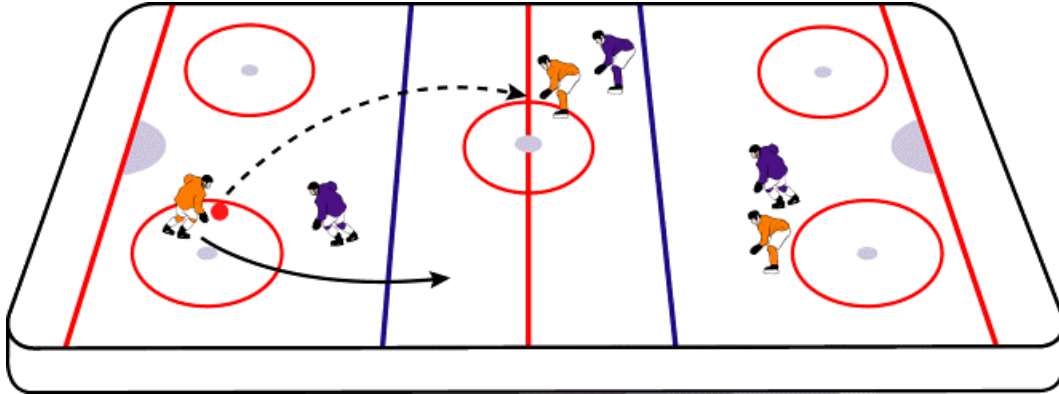
CARD 8 – KEEP AWAY WITH BALL

Players will work in small teams (2 on 2, 3 on 3, etc.) to throw and catch a ball keeping it away from another team. Players may use the entire ice surface. Make sure all players are wearing their gloves so their hands are protected from the skate blades. This

game works all of the skating skills and helps the players develop split vision.

ROLE 1

Card 8 Skating: Game of Keepaway

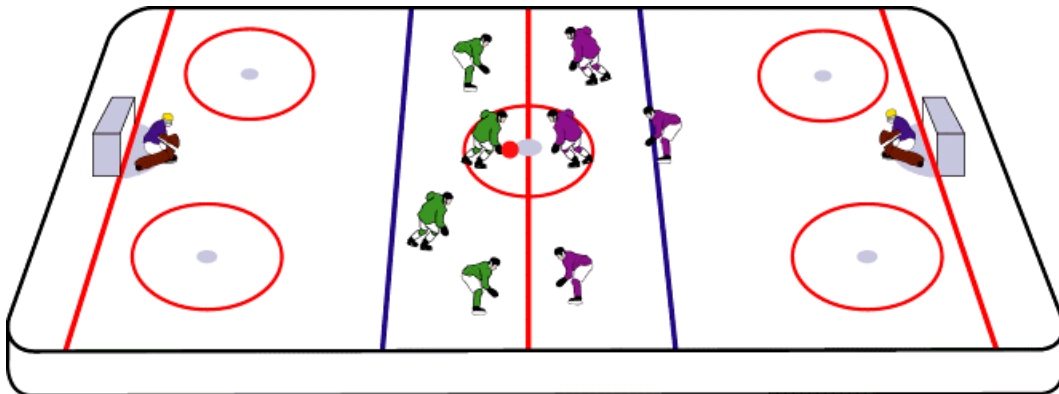


CARD 8b – GAME OF HANDBALL ON ICE

Using regular size nets and any of the D formations, players play games of Handball on ice. If the ball hits the ice, the other team gets possession. Rules may be modified to encourage skating, passing, teamwork, etc. For example: all players must handle the ball before a goal is counted. If available, use the ringette crease with only the goalie allowed in the crease. This game works all of the skating skills and helps the players develop split vision.

ROLE 1

Card 8b Skating: Game of Handball



Games to Introduce Game Concepts and Coordination

CARD 9 – MULTIPLE GOAL SOCCER

Each player has a pylon and sets them up as goals all over the ice. A player dribbles the ball with her feet and scores at as many pylons as possible in one minute. The coach times the activity

and has 5-7 games of one minute. After each game the coach asks who scored the most goals. Game skills are introduced in this game. Coordination on the ice is the focus.

D, ROLE 1

Card 9 Skating: Game of Soccer Scoring on many pylons

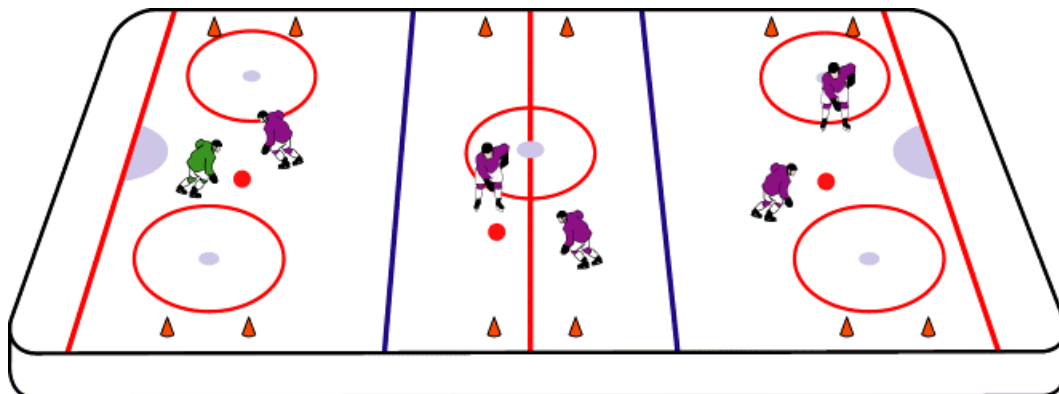


CARD 9b – 1 on 1 CROSS-ICE SOCCER

Players will work in small teams (2 on 2, 3 on 3, etc.) to throw and catch a ball keeping it away from another team. Players may use the entire ice surface. Make sure all players are wearing their gloves so their hands are protected from the skate blades. This game works all of the skating skills and helps the players develop split vision.

D, ROLE 1

Card 9b Skating: Cross ice Game of Soccer



Games that Practice Team Play and Skating Posture

CARD 10 – 2 on 2 CROSS-ICE SOCCER

Using five or six modified rinks with pylons as goals. Play a crossice game with the players in teams of 2. Score by kicking the ball

and hitting the pylon. One pass must be made. Offensive and defensive principles are learned, as well as change of pace skating.

D, ROLES 1 AND 2

Card 10 Skating: Game of 2-2 Soccer



CARD 10b – PYLON HOCKEY

Use a large pylon instead of a stick. In this full-ice game (D1 formation), a goal is scored by pushing the puck over the other team's goal line with the pylon. This game practices keeping the knees bent and head up while skating.

D, ROLE 1

Card 10b Skating: Game of Pylon Hockey



Games for Agility, Speed and Quickness

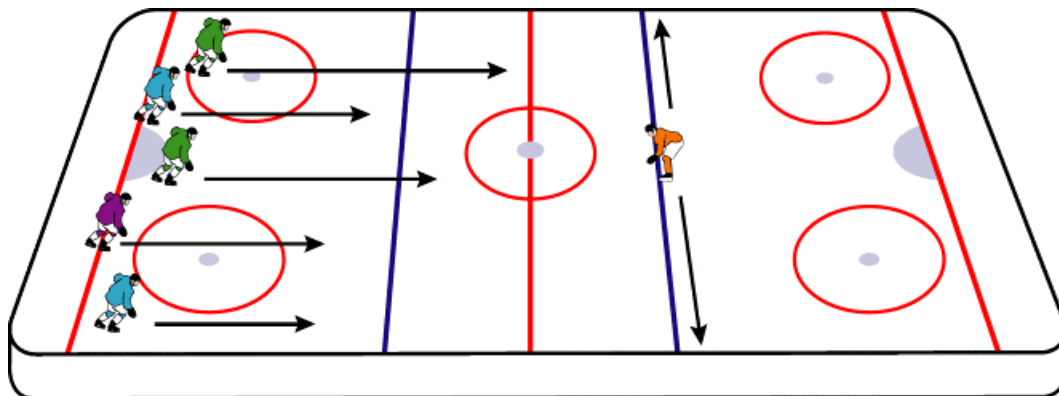
CARD 11 – BRITISH BULLDOG

This game has the players line up at the end of the rink in the A2 formation. One player (who is 'it') is at the blue line and calls out 'British Bulldog'. The players try to skate to the other end without being touched by the player at the blue line. If you are touched,

you join the player who is calling British Bulldog. To be good at this game the player must turn quickly, change speeds, and be agile.

D, ROLES 1 AND 2

Card 11 Skating: British Bulldog

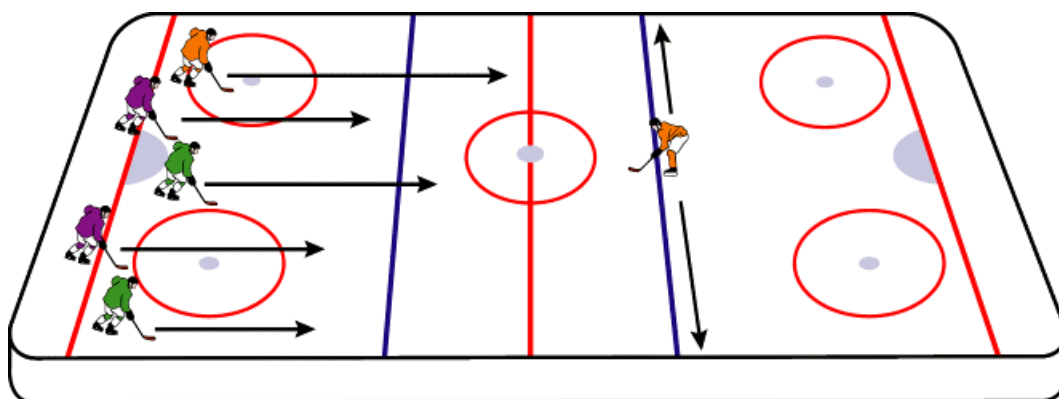


CARD 11b – BRITISH PUCK DOG

This game has the players line up at the end of the rink in the A2 formation. Each player has a puck. One player (who is 'it') is at the blue line and calls out 'British Puck-dog.' The players stickhandle the puck, trying to get to the end, without being checked. If a player loses the puck, she becomes 'it' and is in the middle checking. The last player with a puck wins.

D, ROLES 1 AND 3

Card 11 b Skating: British Puck Dog



Games for Agility on Skates and Bending the Knees

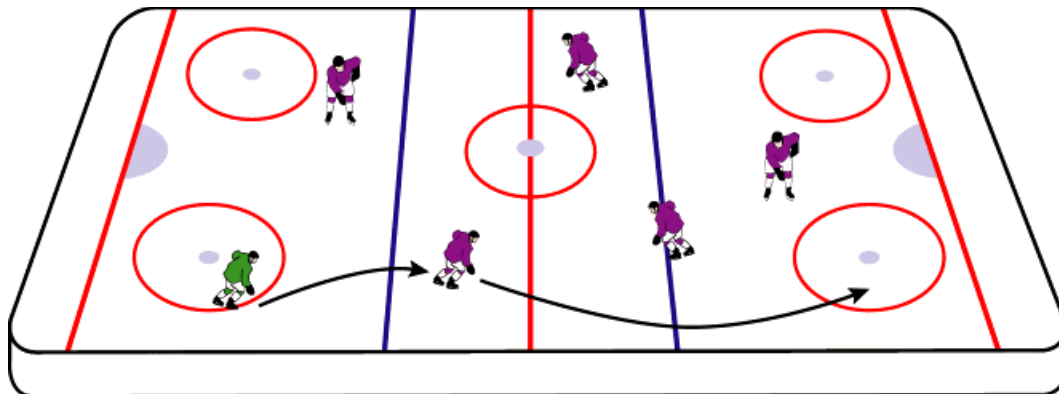
CARD 12 – FREEZE TAG

Players may use the entire ice surface (or a smaller area) to skate freely. One person is it and will attempt to tag the other skaters. When a player is tagged, they must stay (freeze) where they were

touched. To be freed, another free player must slide on her stomach between the frozen players legs. Players should not slide from behind a frozen player, as this may lead to serious injury. Make sure all players are wearing their hockey gloves. This game uses all skating skills, especially agility on skates.

D, ROLES 1 AND 3

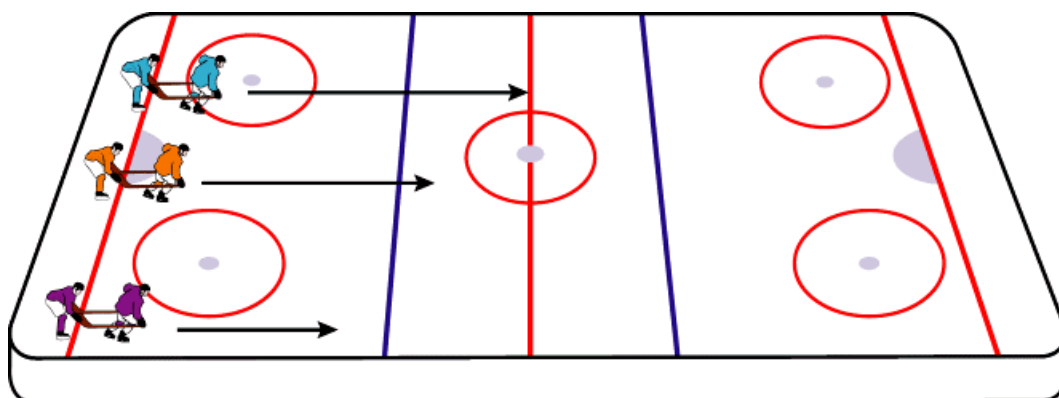
Card 12 Skating: Game of Freeze Tag



CARD 12b – PULL KNEELING PARTNER RACE

Using formation A2 players get in partners at one end of the ice. The players hold one stick in each hand and pull a partner one length of the ice. At the other end, the partner pulls the first skater back. Stress bending knees and toeing out. This activity causes the skater to toe out, using more of the skate blade and a longer stride.

D



Games Played Using Full Ice

CARD 19 – D1 BASIC FORMATION

D-coded exercises are the most important part of the teaching

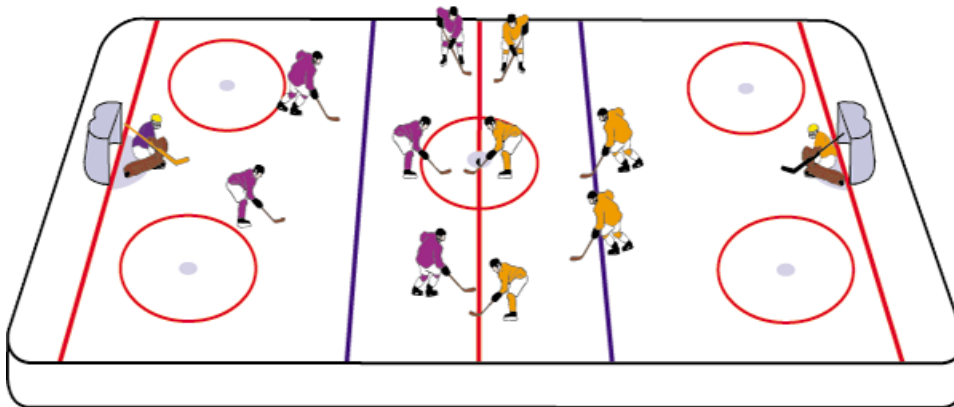
system, because they involve the game itself. The other exercises all lead up to the D exercises acting as building blocks for learning how to play in game-like situations.

Teaching points: D1 uses the whole ice with two nets. The model used is the traditional and natural way of learning by playing using "scrimmages", but rule variations enable the coach to use the ice more effectively.

Activity: Play a game of shinny or soccer with all of the players on the ice at once. They score by putting the puck or ball into the net.

D1, BASIC FORMATION

Card 19 D1 Basic Game Formation



D1 Games for good playing habits.

D1 Give and Go Game

D1 Full ice 2-2 or 3-3

D1 Game with Various Pucks

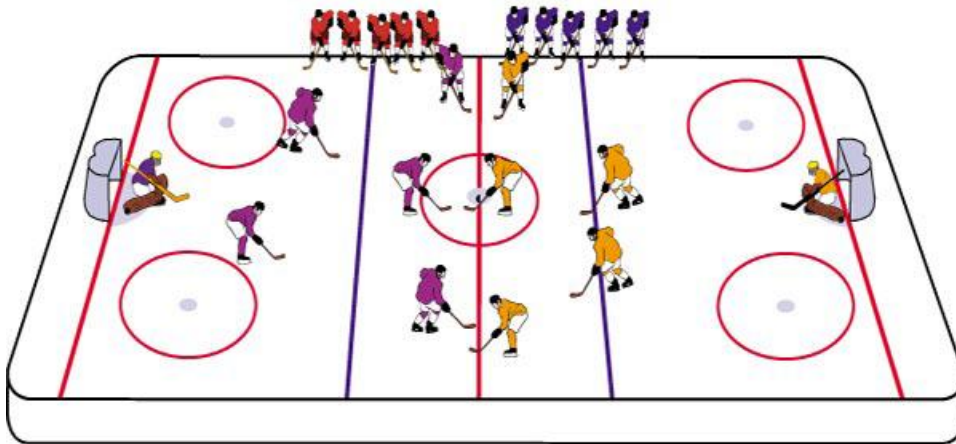
CARD 19b – D100 VARIATION

D100 formation is another formation that uses the whole ice with two nets, however the extra players are lined up along the boards in the neutral zone.

Activity: Play a full ice game with 60-second shifts. On the whistle indicating a shift change the player with the puck passes to a teammate coming into play from the line-up on the boards.

D100, EXERCISE

Card 19b D100 Formation



[D100 4-4 - Pro](#)

[D100 - 5-5 Pro](#)

[D100 4-4 - Pro](#)

[D100 Pro 4-4 Tournament](#)

[D100 At Least One Pass Per Zone](#)

[D100 full ice game for Skill](#)

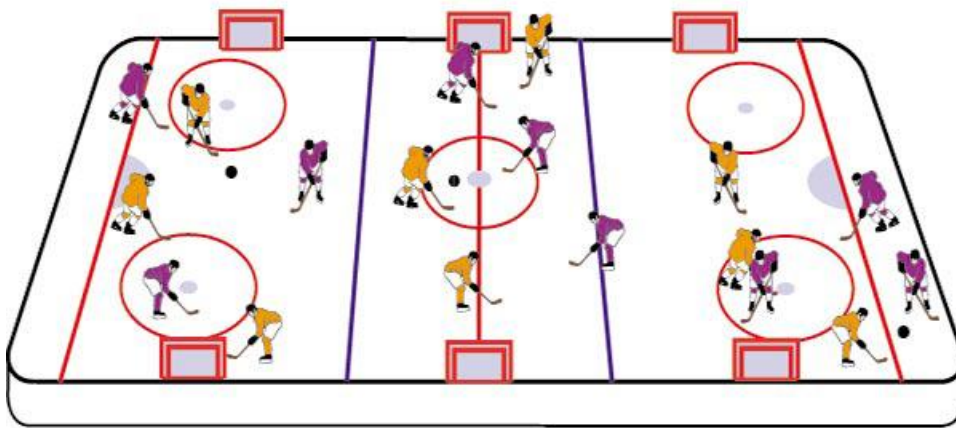
Games Played Across the Ice

CARD 20 – D2 BASIC FORMATION

Games are played cross-ice with nets, pylons, lines on boards, etc. as the goals. Special rules allow the players to practice individual or team play skills in this smaller area. In this formation many game understanding, reading and reacting skills will naturally be developed. This formation encourages creativity and split vision in more realistic situations.

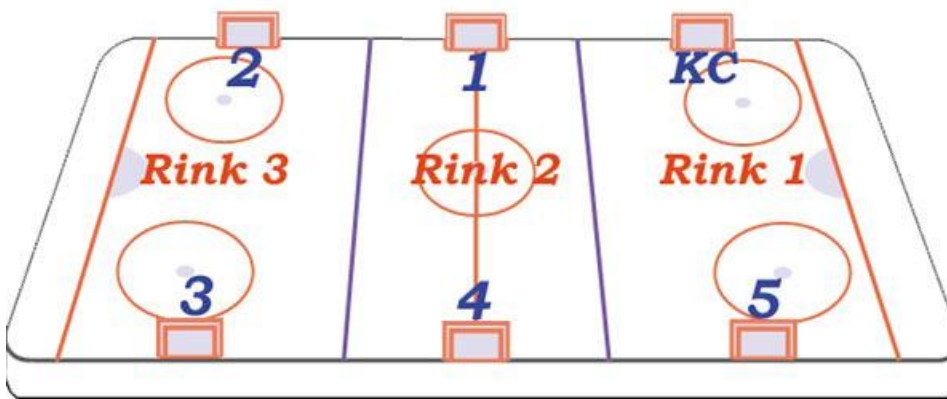
D2, BASIC FORMATION

[Card 20 D2 Basic Game Formation](#)



Activity – King’s Court Tournament:

In a King’s Court Tournament a number of games are played to determine which team is “King”. Use the D2 Formation with six teams playing cross-ice games. (Special rules may be used to emphasize skills covered so far.) Play 5 games of five minutes. At the end of each game have the all the winning teams (from Rinks 1, 2 and 3) go to the same side of the ice, thus occupying areas 2, 1, and KC. While the team in the King’s Court (KC) area does not move, the other teams make a clockwise rotation. The team in area 1 goes to 5, 5 to 4, 4 to 3, 3 to 2, and 2 to 1. Thus teams must win two games in a row before they are able to challenge the team occupying the King’s Court (KC).



D2 - Only 1 pass Allowed Receiver must score

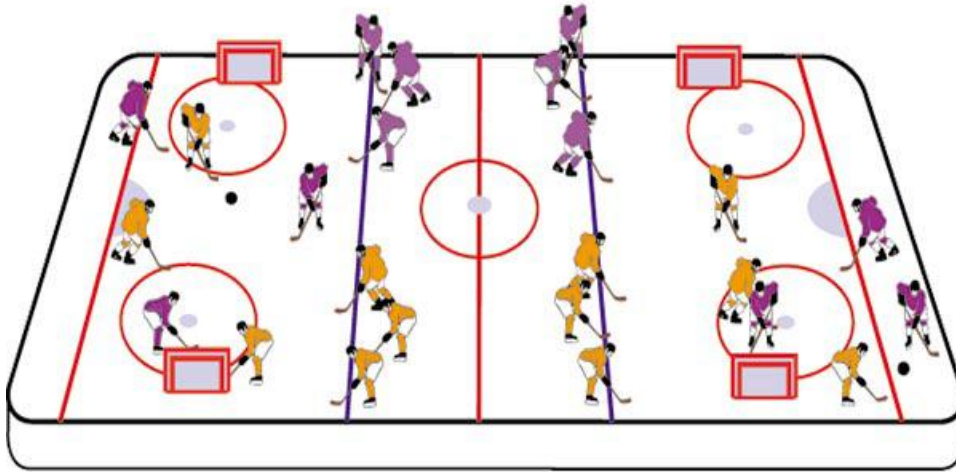
CARD 20b – D200 VARIATION

D200 formation is similar to D2 basic formation except the extra players line up along the blue line.

D200, EXERCISE

Card 20b D200 Game Formation

Activity: Play cross-ice games to experiment with the formation. Play with 60 second shifts; on the sound of the whistle the player with the puck passes to one of their teammates coming into play from the blue line. Add rules about skating; like only backward skating allowed, or any other skill that has been practiced so far.



D200 1-1 high and low with joker

D200 - 3 on 3 - Pro

D200 3-3 - Pro

D200 - Small 1-1 with 2 Jokers - Pro W

D200 Tight 2-2 - Pro

D200 2-2 Add Players with Give and Go - Pro W

D200 Straight on Angling Game

D200 Game 1-1 to 3-3

D200 The Time Machine Game

D202 - 3 on 3 Keepaway in Neutral Zone - Sw

Games Played Across and Lengthwise

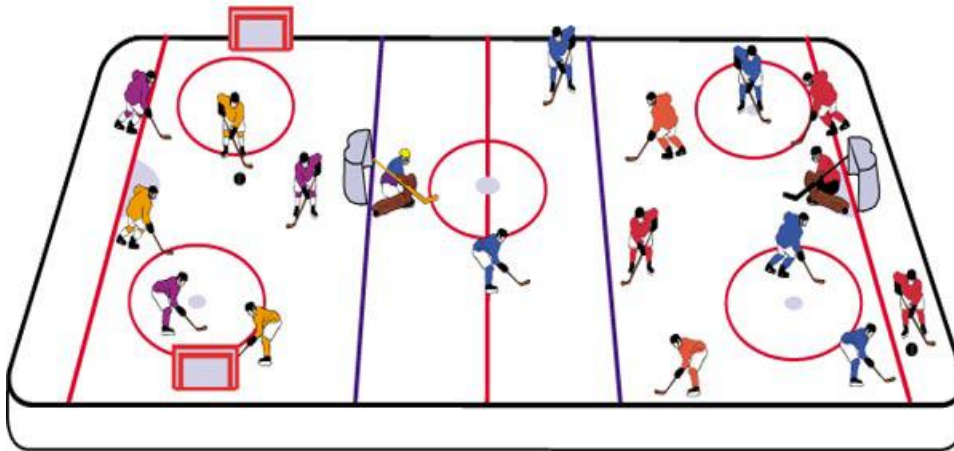
CARD 21 – D3 BASIC FORMATION

In the D3 formation, the ice surface is divided into a full ice game across two zones and a cross-ice game at one end. This formation is very useful if the skill levels or size of the players vary. More advanced players can use D1, while the others play in D2 formation. This formation is very helpful when one end is needed to practice skills that don't have much movement. The game can go on in two zones, techniques can be taught in the third zone.

D3, BASIC FORMATION

[Card 21 D3 Basic Game Formation](#)

Activity: Teach the formation by playing two games using the D3 formation. Have the players rotate and play in the different areas.



[D3 Skill Games](#)

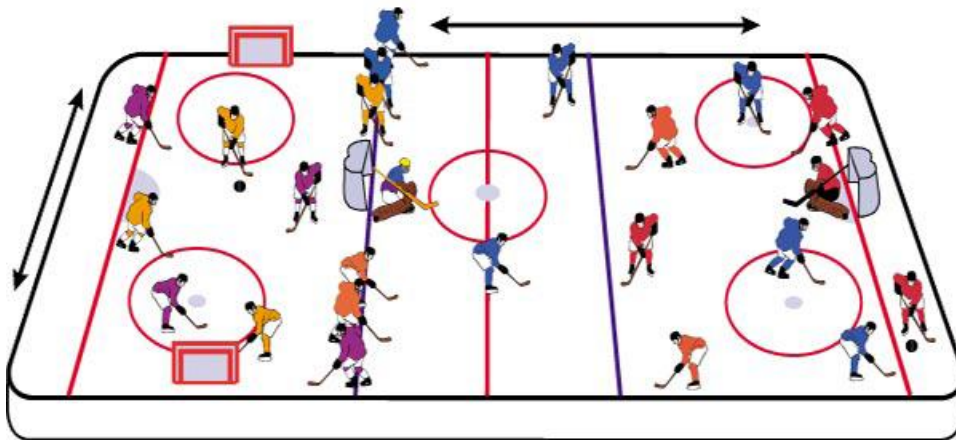
CARD 21b – D300 VARIATION

D300 formation is similar to D1 and D2 formations except the extra players are lined up either on the boards or the blue line.

D300, EXERCISE

Activity: Use the D300 formation and time shifts of 60 seconds. When the coach blows their whistle for a shift change the player with the puck should pass to a teammate coming into the play.

[Card 21b D300 Formation](#)



Games Played Using One Zone or Half the Ice

CARD 22 – D4 BASIC FORMATION

In the D4 formation the players either use one third or one half of the rink and both teams shoot on the same net as in half court basketball. In order to go onto offence the defense must carry the puck over the blue line and then turn back into the zone. If half of the rink is available the defense must carry the puck as far as the red line before turning back and attacking. All players must get onside in these games, this rule promotes skating and much more realistic playing situations.

Card 22 D4 Basic Formation

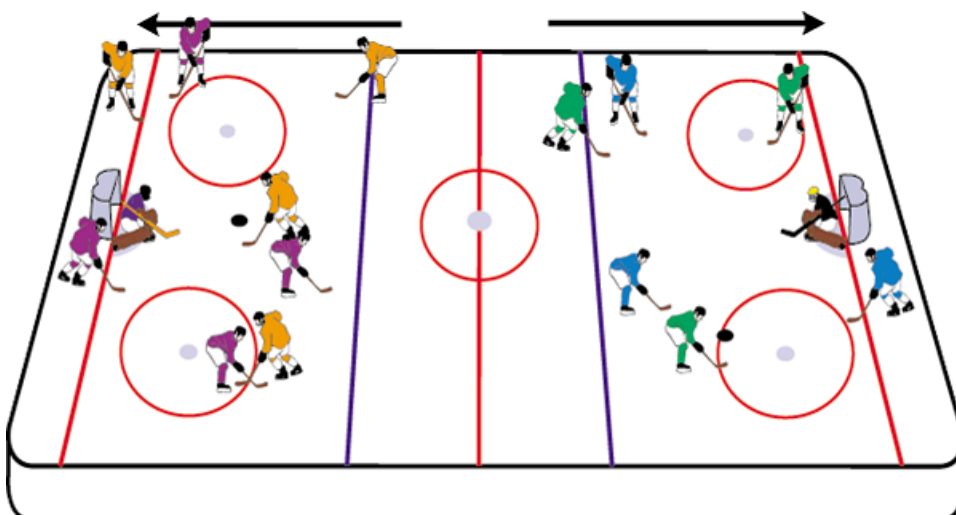
Activity:

20 minutes. Play a 4 team tournament using the D4 formation. Each team plays three five-minute games.

Game One Game Two Game Three

1 vs 4 2 vs 4 3 vs 4

2 vs 3 1 vs 3 1 vs 2



D4 - Low Slot 4-4 - Pro

D4 Game Forehand Pass Only

D4 Game Variations

D4 Game With Escape Moves

D4 Game With Goals on Plays From Below the Goal Line

D4 Games with Modified Rules

D4 Give and Go Game

D4 Clear Zone to Attack

D4 – Two Second Game

D4 Active Jokers D Can Jump In - U15

D4 Active Jokers at Point Must Shoot - U15

D4 Bago 1 second game

CARD 22b – D400 VARIATION

In the D4 formation the players either use one third or one half of the rink and both teams shoot on the same net as in half court basketball. In order to go onto offence the defense must carry the puck over the blue line and then turn back into the zone. If half of the rink is available, the defense must carry the puck as far as the red line before turning back and attacking. All players must get onside in these games; this rule promotes skating and much more realistic playing situations.

Card 22b D400

Activity: 20 minutes.

Play a 4 team tournament using the D400 formation. Each team plays three six-minute games. Time shifts of

60 seconds.

Game One Game Two Game Three

1 vs 4 2 vs 4 3 vs 4

2 vs 3 1 vs 3 1 vs 2



[D400 1-1 Battles - HC Dukla](#)

[D400, 1 on 1 Small Power Play Game - Mike Johnston](#)

[D400 - Low 3-3 on Dump-in - Sw](#)

[D400 - 3 on 3 Starting with Face-off - Sw](#)

[D400 - 2-2 with Passes from Below Goal Line - Sw U20](#)

[D400 - 2 on 2 in Corner - Sw](#)

[D400 - 2 on 2 in Front - Sw](#)

Games Played Using All Three Zones

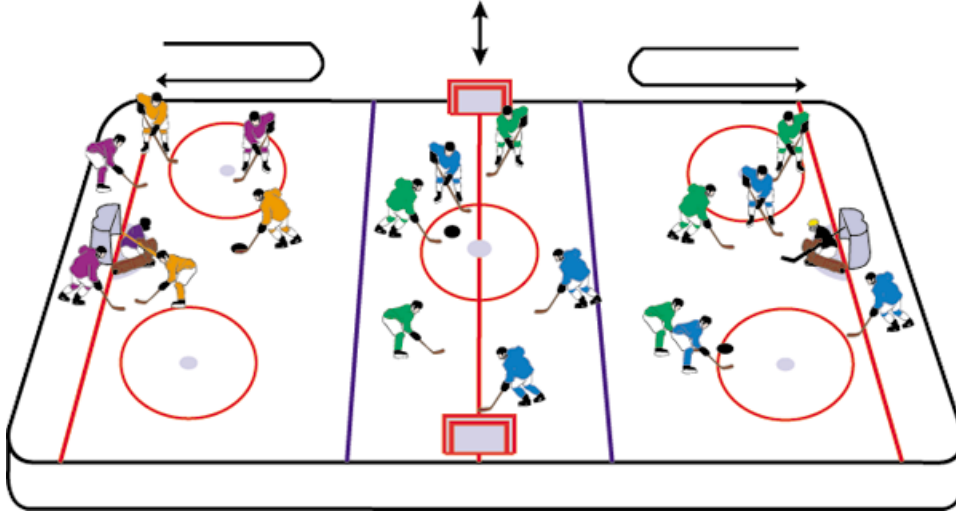
CARD 23 – D5 BASIC FORMATION

D5 formation is the combination of D4 and D2. Two zones are used for playing half ice games where the players must touch the blue line with their skates before going on offence. The neutral zone is used for a cross-ice game.

[Card 23 D5 Basic Formation](#)

Activity: Divide the players into six teams and play five, three minute games. Make sure every team plays in the middle and at one end rink.

Rink Game One Game Two Game Three Game Four Game Five
 End 1 1 vs 6 3 vs 6 5 vs 6 1 vs 4 2 vs 3
 Middle 2 vs 5 4 vs 5 1 vs 3 3 vs 5 4 vs 6
 End 2 3 vs 4 1 vs 2 2 vs 4 2 vs 6 1 vs 5



D5 - 5 games and goalie work

D5 - Skill class SAG with Jokers

D5 Keepaway 5 Pass Rule

D5 Keepaway with Rules

CARD 23b – D500 VARIATION

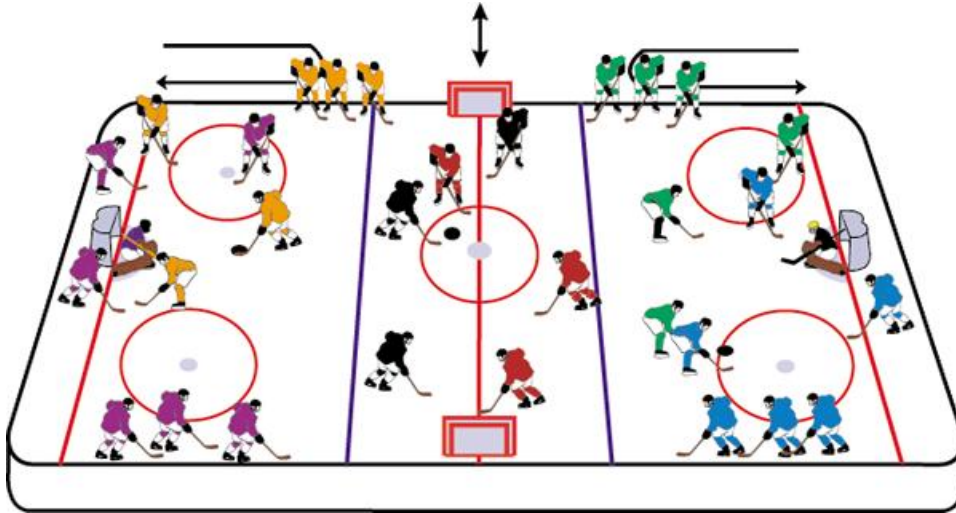
D500 Formation is similar to D5 except the extra players are lined up along the boards near the blue lines.

Card 23b D500 Formation

Activity: Divide the players into six teams and play five fourminute games. Have 60-second shifts, when the coach blows their whistle for a shift change the player with the puck passes to a teammate entering the play.

Rink

	Game One	Game Two	Game Three	Game Four	Game Five
End 1	1 vs 6	3 vs 6	5 vs 6	1 vs 4	2 vs 3
Middle	2 vs 5	4 vs 5	1 vs 3	3 vs 5	4 vs 6
End 2	3 vs 4	1 vs 2	2 vs 4	2 vs 6	1 vs 5



D500 - Small pp game U22 W

Need D6 Formation

D6 Variation 2-Two Passes and All Must Score

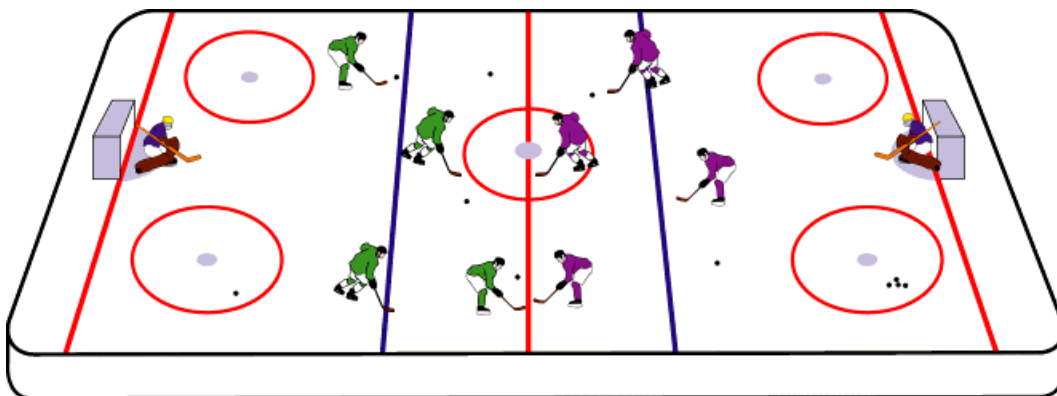
Games Played With Many Pucks

CARD 24 – PLAYING WITH MULTIPLE PUCKS

Playing with more pucks enables the coach to increase the amount of activity on the ice. More game-like situations are created for the players to solve. To keep the game safe, there can be no hitting or slap shots. All players should keep track of their goals. For beginners you can use many pucks and ask them to score as many goals as possible. After a while you ask how many goals each player scored, if the goalie is making a save the puck carrier must protect the puck and wait for the goalie to be ready before shooting.

D1, ROLES 1 AND 3

Card 24 Games Played with Many Pucks



CARD 24b – PLAYING WITH 7 PUCKS

Two teams gather at center and the coach drops 7 pucks. If the goalie is making a save, the puck carrier must wait for the goalie to be ready before shooting (the shooter and the goalie should have eye contact). The first team to score 4 goals wins, and another game begins. Make sure that there are only 7 pucks and the pucks are left in the net after a goal.

D1, ROLES 1 AND 3

Card 24b Game Using 7 Pucks

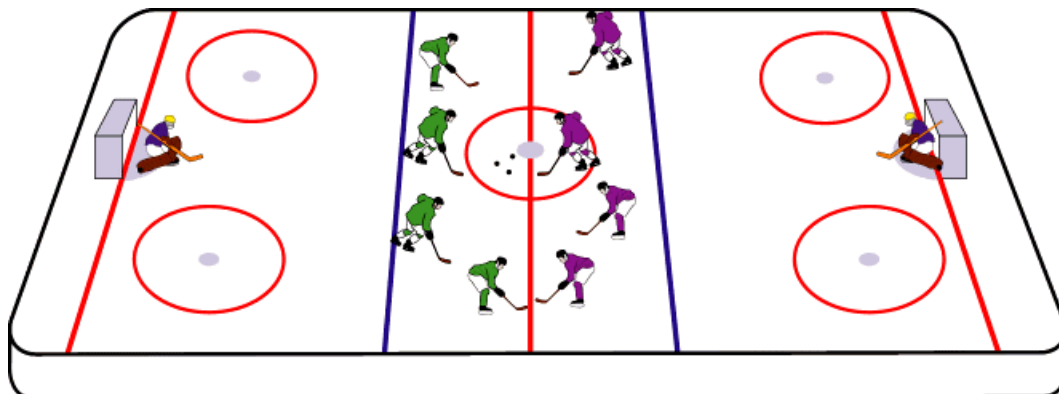


Games Played Using 2 or 3 Pucks

CARD 25 – PLAYING WITH 3 PUCKS

Playing with 3 pucks causes some things to naturally happen. The players must look around with their heads on a swivel so they know what is happening behind them. Some methods are; everyone on the ice, 5-5 with line changes. Keep score and the team that scores twice wins. Next game, start with two pucks, and then one. In order to avoid confusion, only have three pucks on the ice at one time, the extra pucks can be on top of the nets. Another idea is a timed game where the goalie puts the puck back into play after a goal. **D1, ROLES 1 AND 3**

Card 25 Game Using 3 Pucks



CARD 25b – PLAYING WITH 2 PUCKS

Playing with 2 pucks has the same basic purpose in the system as all multi-puck games. The goalie puts the puck back into play after a goal. A good technique is to give a point to the team that scores two goals. Playing with two pucks at more advanced levels is a good read and react exercise when you play situations such as 3-on-3. **D1, ROLES 1 AND 3**

Card 25b Game Using 2 Pucks



Learning the Game

Card 43

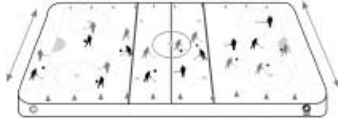
PLAYING ROLES 1 AND 3 IN PRACTICE

A cross-ice game of 1-on-1 is the simplest and

best way to teach the role of the puck carrier (number 1) and the checking player (number 3) in practice. The player either attacks or defends during a 1-on-1 game and the transition from defense to offence and vice-versa is automatically experienced. The players are organized in pairs and play a cross-ice game for 1 minute. When the game ends the players on 1 side of the ice move down 1 goal, with the last player moving to the empty goal at the other end. Play 1 game against each player on the other side of the rink; the players keep track of their wins, losses and ties.

D, ORIENTATION

D2 Teaching Roles 1-3 [card43](#)



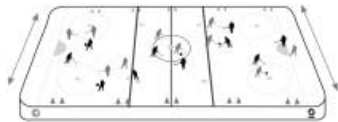
Card 43b

PLAYING ROLES 1-2-3-4 IN PRACTICE

5 cross-ice games. The players experience the 4 playing roles in practice during a 2-on-2 game. The players continuously change their playing roles from puck carrier (number 1) to offensive support (number 2), or closest checker (number 3) to defensive support (number 4). The players are organized in pairs and play a cross-ice game for 2 minutes. When the game ends the players on 1 side of the ice move down 1 goal, with the players at 1 end moving to the empty goal at the other end. Play 1 game against each team on the other side of the rink; the players keep track of their wins, losses and ties.

D, ORIENTATION

[Card 43B, Games to Learn the Game](#)



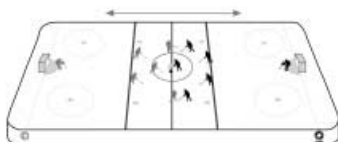
Card 44

THE NUMBER OF PASSES AND LEARNING THE GAME

An effective way to teach the 4 playing roles is to have rules about how many passes are allowed. The fewer passes the more individual play (role number 1 and role number 3). The more passes the more team play (role number 2 and number 4).

D, ORIENTATION

[Card 44, Games to Learn the Game](#)



Card 44b

CHANGING THE 4 PLAYING ROLES WITH MORE THAN 2 PLAYERS

When the players understand the constant changing of playing roles in the 2-on-2 games they are ready for 3-on-3 and then 4-on-4 games. These games add the dimensions of the triangle and box in offensive and defensive situations. Play a crossice game in each zone for 2 minutes, then have the teams on 1 side move down 1 goal; the last team go to the empty net at the other end of the rink.

D, ORIENTATION

Card 44b, Games to Learn the Game



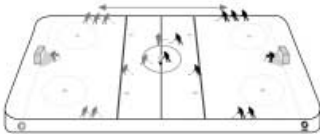
Card 45

FULL-ICE SMALL AND MODIFIED GAMES

Play full-ice micro games of 1-on-1, 2-on-2, 3-on-3 to practice the 4 playing roles in the defensive, neutral and offensive zones. Use modified rules to create the situations that you want the players to practice. These rules can be designed to practice good habits (always face the puck), develop skills (only wrist passes are allowed) or team-play concepts (2 points for a goal scored from a play originating below the goal line encourages offensive cycling and low defensive coverage).

D, ORIENTATION

Card 45, Full Ice Games to Learn the Game



Card 45b

A HALF-ICE GAME WITH BOTH TEAMS SHOOTING ON 1 GOAL

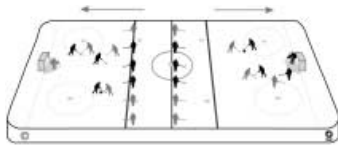
Play a half-ice game using any number of players. Individual skills can be isolated in a 1-on-1 game. All of the 4 roles are practiced in a 2-on-2 game. Defensive and offensive triangles are used in a 3-on-3 game and a box offence and defense on a 4-on-4 game. 5-on-5 has all of the team-play components. All even- and odd- numbered situations like the power play or the 6-on-5 can be practiced.

Some methods of transition from defense to offence are:

- All players must get outside and the puck carrier must touch the red line before attacking.
- All players must touch the puck before scoring.
- Pass to new players who are waiting in the neutral zone to attack, either against the original attackers or new defenders.

D, ORIENTATION

Card 45b, Learning the Game Using Half Ice and One Zone Games



Need card 46

Card 46, Extra Equipment for Skill

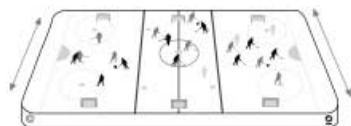
Card 46b

CROSS-ICE GAME STRESSING EYE ON THE PUCK/GOOD POSTURE

A fundamental rule is that the players must always face the puck during a game. Everything that happens in hockey is in relation to the puck. The players must see the puck in order to know their playing role and be able to switch from 1 role to the other. This helps eliminate unnecessary turns and useless skating. At the same time the coach can emphasize the proper skating posture, so that players are always in the ready position.

D, ROLES 1 AND 2

Card 46B, Cross Ice Game for "Hockey Skating"



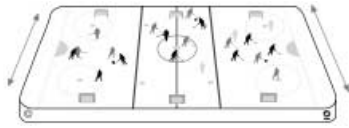
Card 47

GAME USING ONLY THE FOREHAND

Play a game where the puck can be controlled only by using the forehand side of the blade. The game affects not only puck-handling but also the movement of the player's lower body. When the player changes direction he/she must skate around the puck on the backhand side, this causes the hips and shoulders to go in different directions. It is also a good rule for learning to pull the puck toward the skates, to beat a player or prepare to shoot.

3. D. ROLE 1

Card 47, Games to Teach the Game



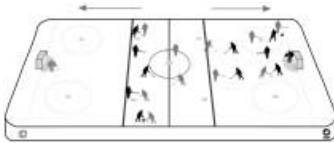
Card 47b

GAME USING ONLY THE BACKHAND

Play a game where the puck can be controlled by using only the backhand side of the blade. The game affects not only puck-handling but also the movement of the player's lower body. When the player changes the direction he/she must skate around the puck on the forehand side, this causes the hips and shoulders to go in different directions.

3. D. ROLE 1

Card 47B, Games to Teach the Game



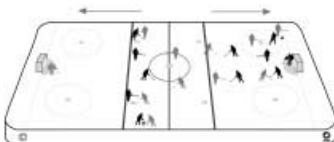
Card 48

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, ROLE 1: PUCK-PROTECTION SKILL

Card 48, Games to Learn the Game



Card 48b

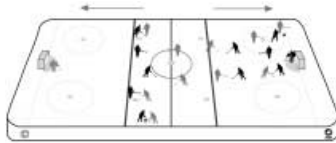
GAME WITH HANDS CLOSE TOGETHER NEAR THE TOP OF THE STICK

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, ROLE 1: STICK-HANDLING SKILL

Card 48b, Games to Teach the Game



Card 49

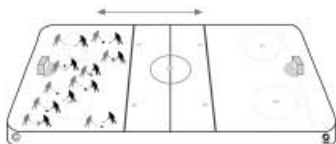
FAST HANDS

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, ROLE 1

Card 49, Games to Teach the Game

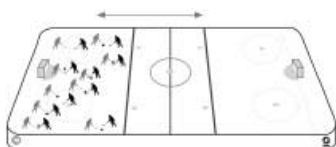


Card 49b

KEEP-AWAY

Play keep-away in 1 zone. The players protect their puck and try to knock other pucks out of the zone. The last player with a puck is the winner.

Card 49b, Games to Teach the Game



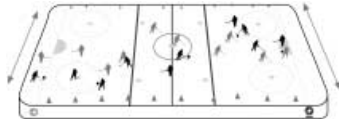
Card 50

FLAT-FOOTED SKATING

Play cross-ice or half-ice allowing only flat-footed toe-out, toe-in skating, where the blades never leave the ice. This is a good strengthening exercise and good practice in toeing in and out, as well as unlocking the hips while skating.

D, ROLE 1

[Card 50, Games for Skill Development](#)



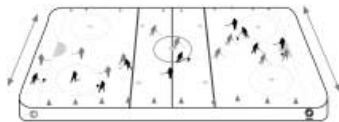
Card 50b

GAME WITH LEGS WIDE APART WHILE FAKING

The player tries to combine the lessons learned in the other games. When he approaches the opponent he should have hands close together, legs wide apart, use head and shoulder fakes and protect the puck with the body. Pressure on the inside edge of 1 skate enables the player to turn very quickly.

D, ROLE 1

[Card 50b, Games for Skills](#)



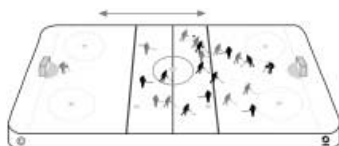
Card 51

“NO-PASSING” GAME OF SHINNY WITH MANY PLAYERS

Play with large teams using “no-passing” rule. The player with the puck must try to score by stickhandling the puck through everyone. This game demands that each player practice the first playing role of the player with the puck, and move his or her feet, pivot, fake, drive-skate to open ice, etc.

D, ROLE 1

[Card 51, Games to Practice Skill](#)



GAME STRESSING THE 4 GAME SITUATION PLAYING ROLES

Play a game and remind the players that they always have something to do during a shift:

1. Player with puck.
2. Offensive player without puck.
3. Defender covering puck carrier.
4. Defensive player covering pass receiver.

When a "0" or loose-puck situation occurs the players must consider whether they should think offence or defense first. Always protect against giving up odd-man rushes and give the first player to the puck close support for passes and defensive help.

D, 4 PLAYING ROLES

[Card 51b, Games to Learn the Game](#)



Card 52

2-ON-2, 3-ON-3, FULL-ICE GAMES

The best way of learning the 4 playing roles is to play 2-on-2 and 3-on-3 games. When playing these full-ice games the normal rules, such as offsides, are enforced. These games with 2 or 3 players on a side make it easy to isolate the individual or teamplay skills that the coach wants to work on. The small groups keep all of the players actively involved and the coach can easily point out the techniques or tactics that are being done properly, as well as those that need to be worked on.

Organize by having the players line up along the boards in the neutral zone or sit in the players' box. The shifts should be 30-40 seconds. Playing in small groups for 30-second shifts is a good way to practice support on offence and defense. Another option is to have the players change on their own when the puck is deep in the offensive zone.

D, 4 PLAYING ROLES

[Card 52, Games to Teach the Game](#)



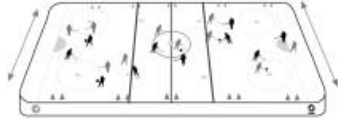
Card 52b

GAME WHERE THERE MUST BE AT LEAST 1 PASS BEFORE A GOAL COUNTS

In order to practice roles 1 and 2, make the rule that there must be at least 1 pass before a goal counts. This rule encourages players to look for teammates and to get open for a pass.

D, ROLES 1 AND 2

Need link



Card 53

GAME ALLOWING ONLY 1 PASS

By allowing only 1 pass the player must try to score by drive-skating to the net and teammates must support by screening, picking and going to the net for rebounds.

[Card 53, Games to Teach the Game](#)



Card 53b

MOVING WITH THE PUCK GAME

Play a game with the rule that the players cannot pass the puck until they have taken 4 or 5 quick strides to open ice. By drive-skating with the puck the player learns to find open ice, creates space for him or herself and opens up new passing lanes. Drive-skating with the puck is fundamental for successful individual and team play, and is one of the most important good habits to teach players.

D, ROLE 1

[Card 53b, Games to Practice Good Habits](#)



Card 54

QUICK HANDS AND FEET GAME

The development of the speed of the hands is often ignored when introducing hockey skills. When playing in tight, crowded areas, both quick hands and quick feet, moving at maximum speed, are needed for the player to escape to open ice. When the hands and feet both move there is a separation of the upper and lower body motion, and

this makes the player difficult to defend.

D, ROLE 1

Card 54, Game to Practice Good Habits

