

1. 1 on 1 Keep Away within the Faceoff Circle (highly recommended)

Players cannot leave the confines of a faceoff circle. One player starts with the puck the other tries to take it away. The puck carrier moves with the puck maintaining possession through hockey moves and using his body to protect the puck. Teach puck carriers to use their shoulder and hips to fend off the opponent while extending the arms to keep the puck away from the defender. Be sure to match players with similar size and ability. Switch up after 30 seconds.

2. Tag

No Sticks. 1 player is it. Play tag in a confined space. Start between the end boards and the blue line, then cut that space in half.

3. Follow the Leader

4 players at a time in a confined area. Start 1 leader, the followers must mimic the leader, skating forward, backwards, jumps, rolls etc. Then have 2 leaders. Keep your head up. Switch up after 30 seconds. As a prelude, have the leader skate forward only, the follower must try to maintain contact with his stick blade on the leaders hip.

4. Bull in the Ring

A passing game where players are positioned around a faceoff circle. One player, the bull is a defender in the middle. Players make quick passes to each other while the bull tries to intercept the pass.

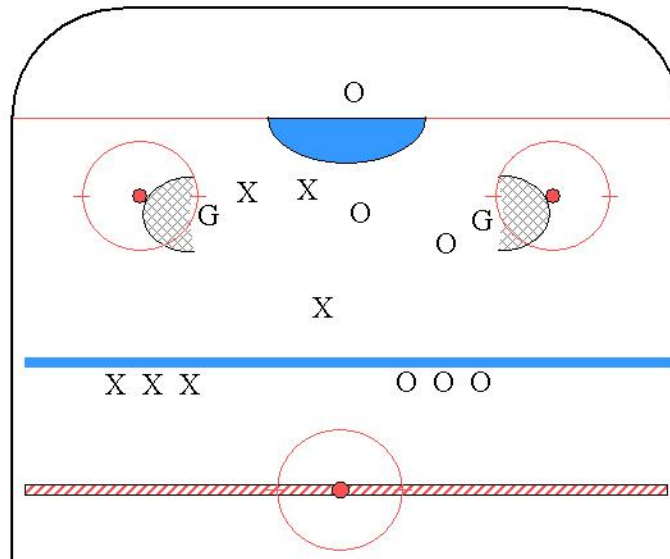
5. Protect the Dot (without sticks)

A body checking game where one player checks the other who is trying to touch the faceoff dot with his skate. Players do not have sticks. The defending player must maintain a low center of gravity while the offensive player make fakes and/or spins to slip the check and touch the dot. Be sure to match up players with similar size and ability. Switch up after 3 touches or 30 seconds.

6. Protect the Dot (with sticks)

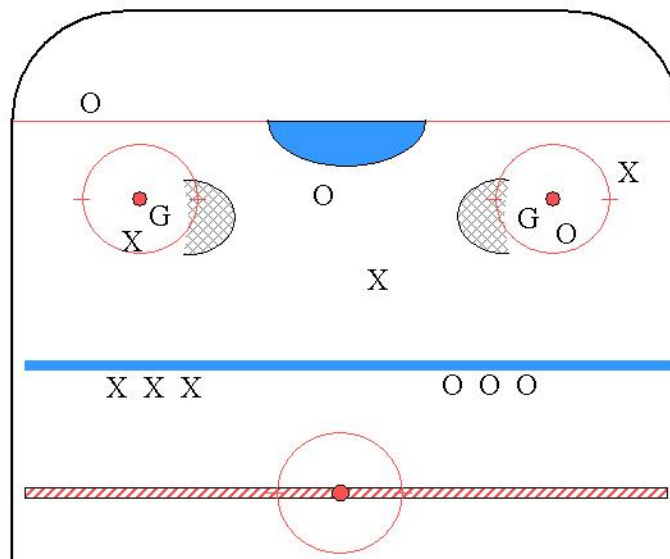
A stick checking game where one player checks the other who is trying to touch the faceoff dot with his stick. The defending player must take a position in front of the dot using Stick Lift and Stick Press techniques to prevent his opponent from touching the dot. The offensive player make fakes and/or spins to slip the check and touch the dot. Be sure to match up players with similar size and ability. Switch up after 3 touches or 30 seconds.

7. Straight 3 v 3



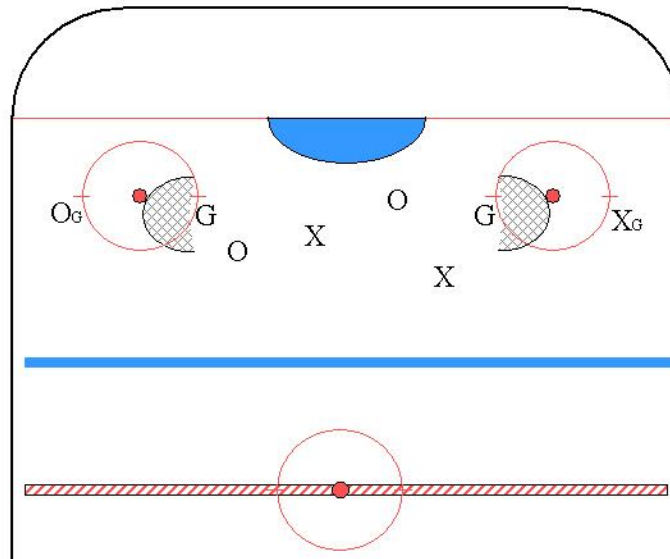
This is a 3 on 3 cross ice game. X's shooting at one net O's shooting at the other. Shifts every 20-30 seconds.

8. 3 v 3 with reversed Nets



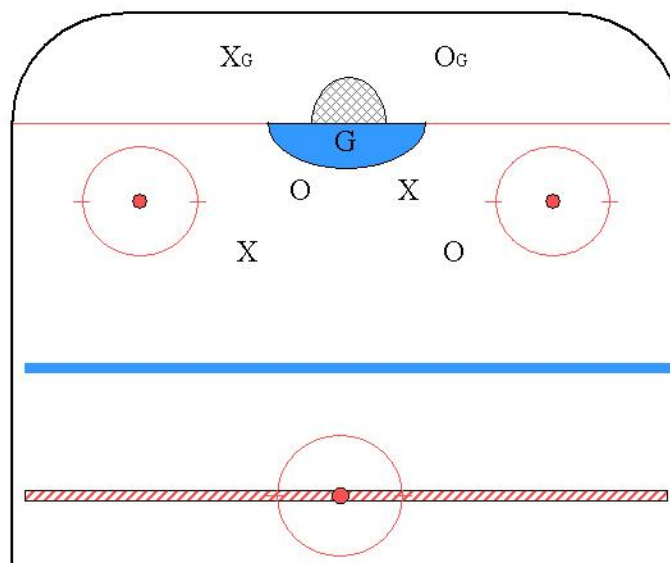
This is a 3 on 3 cross ice game. X's shooting at one net O's shooting at the other. Shifts every 20-30 seconds. In general plays will originate from behind the nets. Goaltenders must continually hug the post to guard against wrap around attempts.

9. 3 v 3 with Gretzky



X's play 3 versus 3, cross ice game against O's. Goaltender in each net. Teams can only go on Offense after receiving a pass from "Gretzky" (X_G or O_G) who must remain behind the attacking net. Gretzky as well as players in front of the net must move to open up passing lanes. Shifts every 20-30 seconds.

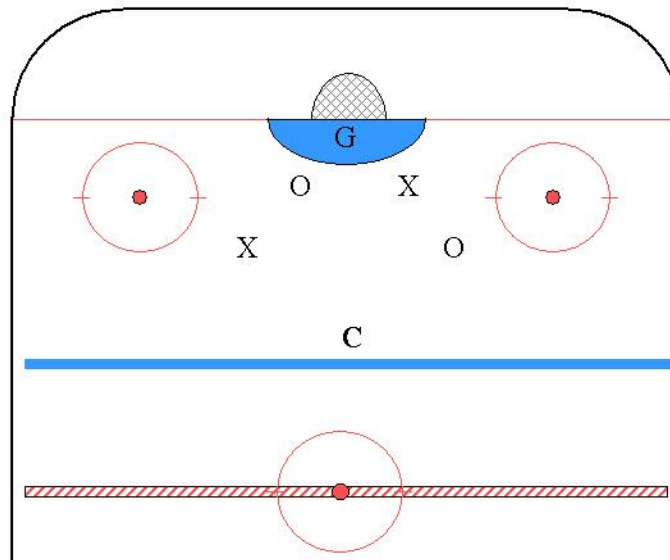
Half Ice Version



X's play 3 versus 3, half ice game against O's. Both teams shooting on the same net. Teams can only go on Offense after receiving a pass from "Gretzky" (X_G or

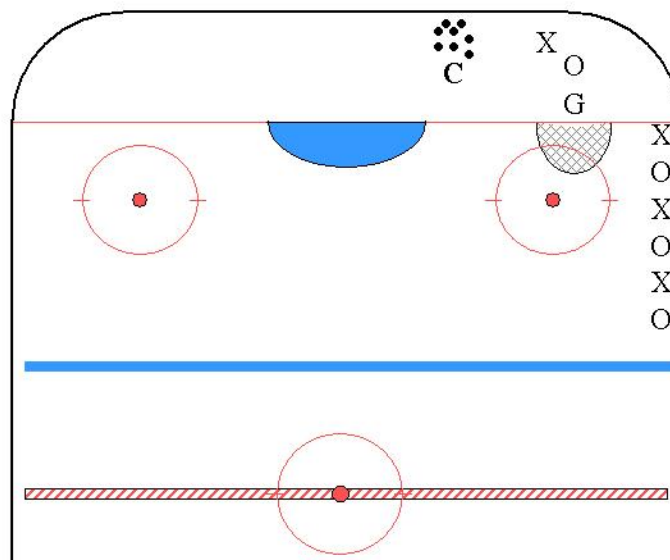
O_G) who must remain behind the goal line. Gretsky as well as players in front of the net must move to open up passing lanes. Shifts every 20-30 seconds.

10. 2 v 2 Clear to the Coach



X's play 2 versus 2, half ice game against O's. Both teams shooting on the same net. Teams can only go on Offense after passing to the Coach who stands at the blue line. Add a second Coach on the blue line to essentially create 4 on 2 as Coaches can pass between themselves. Shifts every 20-30 seconds.

11. 1 on 1 Close Quarters



X is on Offense. O is on Defense. Coach has 10 to 12 pucks ready. Coach feeds pucks to X who tries to score. Coach will feed another puck as soon as the previous is either in the net, tied up or cleared away. X must work to get open with stick on the ice ready to receive a pass. The Defensive player should practice keeping heels toward the net, with head on a swivel, maintaining body position between the Offensive player and the net. The Defensive player denies the Offensive player the puck by either lifting his stick or a stick press. Switch players after 20 to 30 seconds.