



Bobby Orr Game (Full Ice)

- Must pass to point before shooting

Goals:

- Win loose puck races
- Puck movement
- Screening the goalie
- Battling for rebounds
- Lifting sticks on defense

Rules:

- Coach sends loose puck across to start each shift and after a goal is scored
 - o Or winner's or loser's puck
- Each side has two "D" who are confined to a circle
- Must pass back to own D before shooting on net on same side
- Options (to be declared by Coach)
 - o Must pass D-to-D every time (or optional)
 - o D must
 - pass back to their forwards (can't shoot)
 - Or must shoot to create a tip or rebound (direct goal does not count)
 - Or have option to shoot regularly or pass
 - o Forwards on defensive side must
 - Cover/tie up down low (can't attack other D)
 - Or can pressure D

Format Options:

- 2-on-2 Live forwards plus 2 D on each side confined to circles (4 on ice at once for each side)
- Depending on numbers change all 4 at once or progress as a pair from live (racing out of benches) to D then back to bench
- Or play 3-on-3 live with 2 D (so 5-on-5 total)
 - o Option to assign positions to forwards
 - Only Wings can pressure opposite D / Center must lift sticks down low