

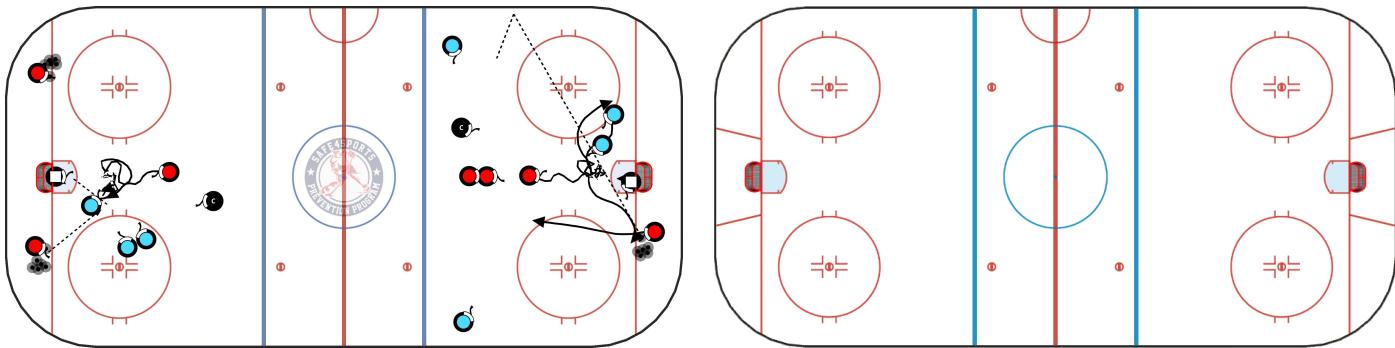
S4S 17 Grease



MIN. NUMBER OF PLAYERS:
OFF / DEF / GK - 1 / 1 / 1

LEVELS:
13-14, 15-16, 11-12, 17-20

TAGS:
passing, shooting, tactics



DESCRIPTION:

This 1-on-1 game is played in front of the net. Player in front of the net attempts to pick up pass from the player deep in the corner. Defender in front of the net defends space in front of the net through good body position. Keep score with defence against forwards. Forwards score on shot, 2 points for a goal. Defence score on an incomplete pass and two for a successful tie up. In section B of

the ice a variation is offered. Either corner forward may pass to an open forward, putting defender at added disadvantage. (Coaches may decide to add another defenseman) By adding an offensive defenseman to support the net forward is another variation. Low corner forwards may decide to pass to the net forward or to the high defenseman. He may drive to overload the defence in front or to shoot. Coach add these new rules or other variations by adding supporting players and defenders.

KEYPOINTS:

Discuss front of the net 1-vs-1 body position. Discuss how to get open and away from checkers by using skating skills and agility. Defend using active sticks to take away passes, and solid vision on chest. Defenders take away space and control the "house".

NOTES:
