

S4S 07 Sudsy's 1-2-3 Keep Away

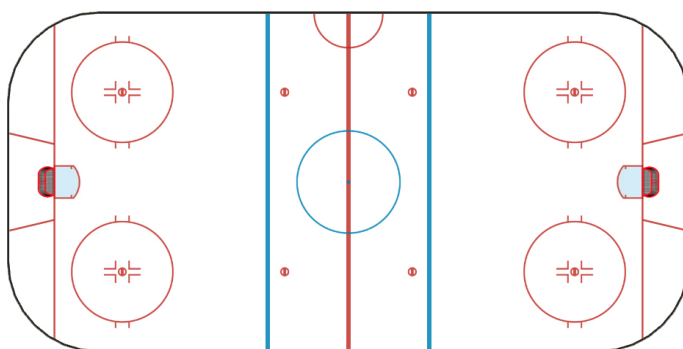
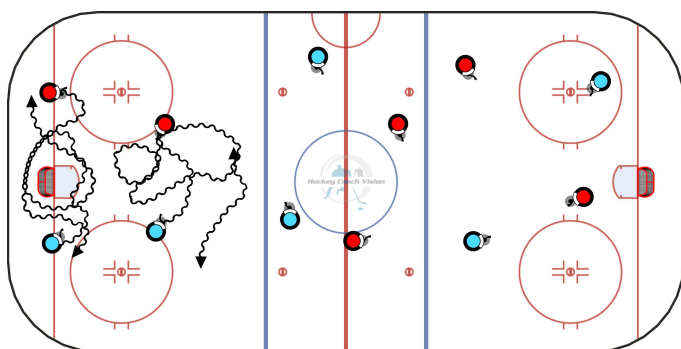


MIN. NUMBER OF PLAYERS:

OFF / DEF / GK - 0 / 0 / 0

LEVELS:

TAGS:



DESCRIPTION:

Use whole ice or confined spaces and areas on the ice. Inform players as to on ice traffic in keep away and stick handling portions. On the first whistle players stick handle anywhere on the ice.

On double whistle players identify a partner by calling out and getting eye contact and then partner pass (stationary). On three consecutive whistles players play keep away with their passing partner discarding one puck. Repeat the sequence multiple times starting again with single whistle. This game has a great conditioning aspect.

KEYPOINTS:

Heads up. Encourage rehearsal of moves, dekes and feints under pressure and when not under checking pressure. Cue on good puck control. When passing cue players to identify partner by using eye to eye contact, verbal and nonverbal communication. Vary passing type such as forehand, backhand, saucer, one-touch. Encourage evasion and defending skills and good one on one body position and attach principles. Ask for types of stick checks, vision cues, matching skating, and the progression of checking. Question and define checking with purpose as a group.

NOTES:
