

S4S 08 King's Keep Away



MIN. NUMBER OF PLAYERS:

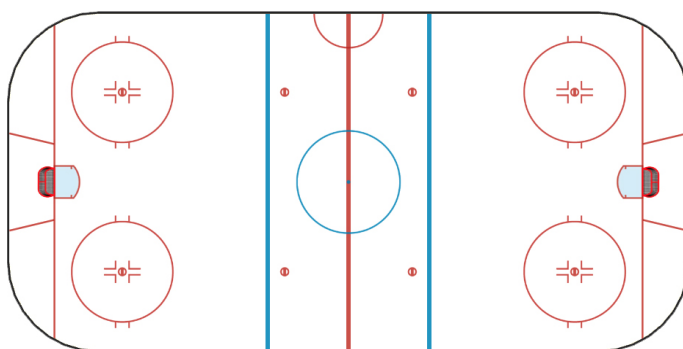
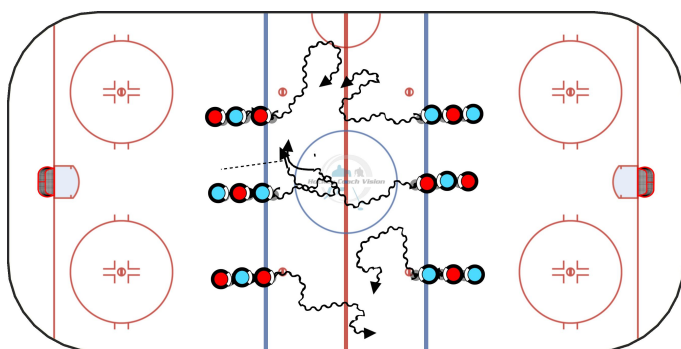
OFF / DEF / GK - 6 / 0 / 0

LEVELS:

13-14, 15-16, 11-12, SEMIPRO, PRO, 08-10, 17-20

TAGS:

skating, stick-handling, tactics



DESCRIPTION:

This 3-on-3 simultaneous starting game begins on the coaches whistle. It works best between the blues in the neutral zone. Each line has a puck. On whistle first players from each line skates into neutral zone (or another suitable confined area on the ice) and attempts to control and protect their puck. Each player attempt to use checking skills to knock away others pucks but maintain their puck.

KEYPOINTS:

Ask about puck protection; creating ice. Cue players on puck handling skill, heads ups, seeing space and checkers. Teach about how tight-turns, half-stops, change of direction, change of speed, are evasion tactics to create time and space from checkers. Discuss pursuit, pressure, and risk versus reward concepts. Instruct on gap control, types of stick checks. Variation : Shrink the playing area to a circle for added challenge and intensity.

NOTES:
