

# S4S 09 Prisoner's Base



## MIN. NUMBER OF PLAYERS:

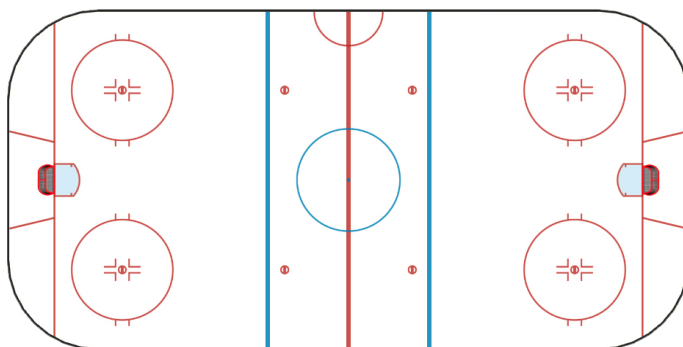
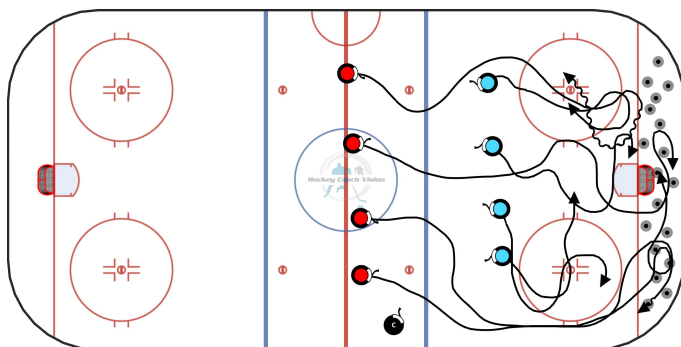
OFF / DEF / GK - 2 / 2 / 0

## LEVELS:

13-14, 15-16, 11-12, 08-10

## TAGS:

skating, stick-handling, warm up



## DESCRIPTION:

Even or odd player numbers of players are chosen to defend the base. Begin this game with defenders without sticks. Defenders protect the zone and the pucks from being taken off the base.

The base is the defensive zone. The pucks are placed behind the goal line. Invader's attack together on command or whistle. If they retrieve a puck and can carry it out of the zone without being tagged they score a point. Pucks are placed in the centre circle or other designated zone. If the invaders are tagged they must exit the zone and then can re-attack. Defenders can track and steer players but tag only once they have a puck. Defenders cannot go behind the goal line where the pucks are. The defenders also must retrieve and replace loose pucks to behind the goal line by skating them back or through soft placement (shooting them back). Vary this game by having defenders use their sticks to perform stick checks instead of the tag option.

## KEYPOINTS:

Add rules for invaders as well. Cue invaders to evade checking pressure by using skating tactics. Teach finding ice and time by using good skating fundamentals. Challenge players to see the open ice, read and react to defenders and supporting players. Challenge players to use teamwork to defend or escape. Teach defenders about limiting and taking away ice. Discuss back check/chasing and quickness to escape.

## NOTES:

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