



## **GAME SCENARIOS - Session #3**

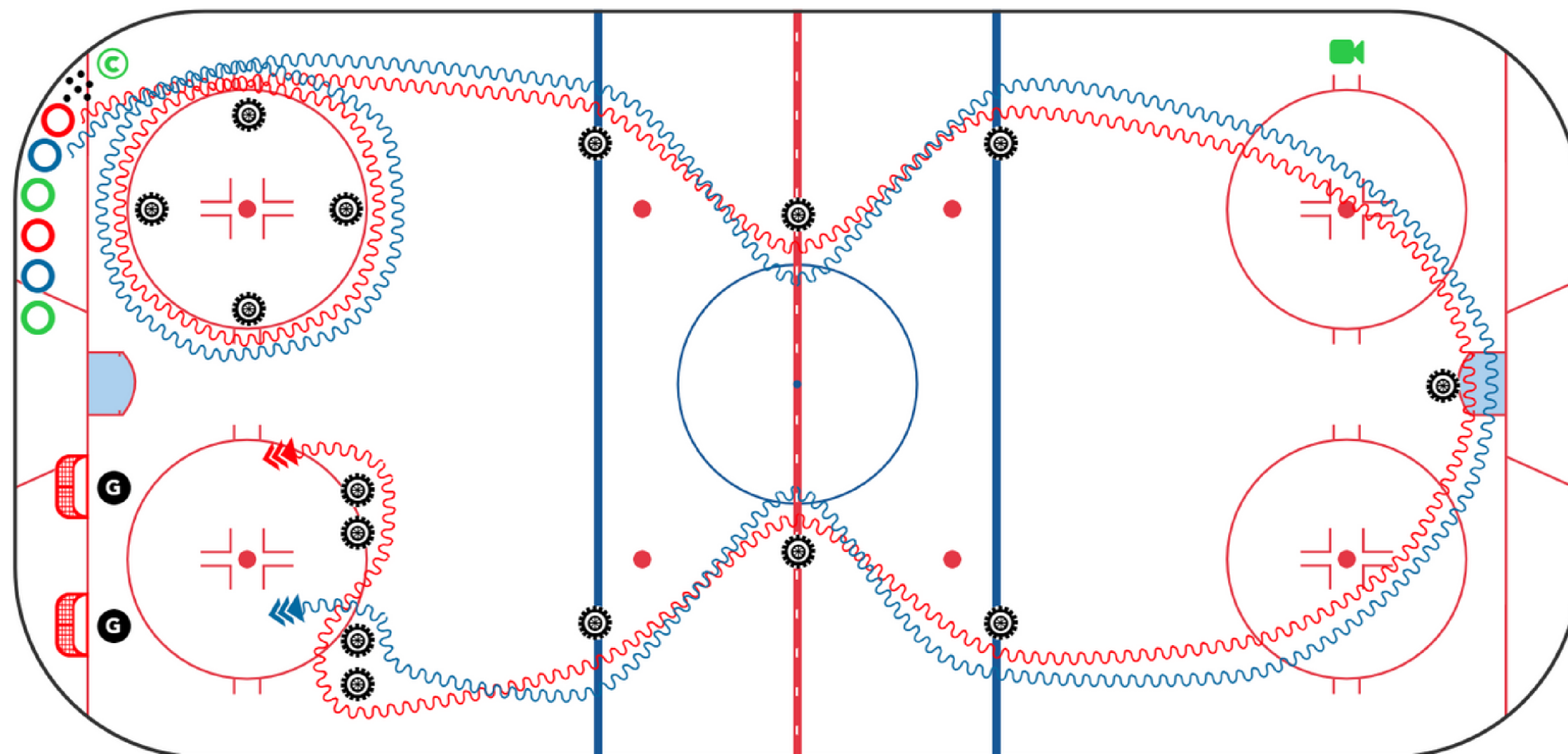


# Game Scenarios - Session #3

1

Warm Up Drill - Multi Tasking 10 to 12 minutes

Resource: Coach Them



Video Link:

<https://youtu.be/g2rDZxEGidU>

On Coach's whistle players skate with a puck performing different aspects starting with building speed on crossovers and controlling the puck, doing inside edge on one leg moving the puck, building speed again and then inside edge moving the puck, then a short turn going for goal.

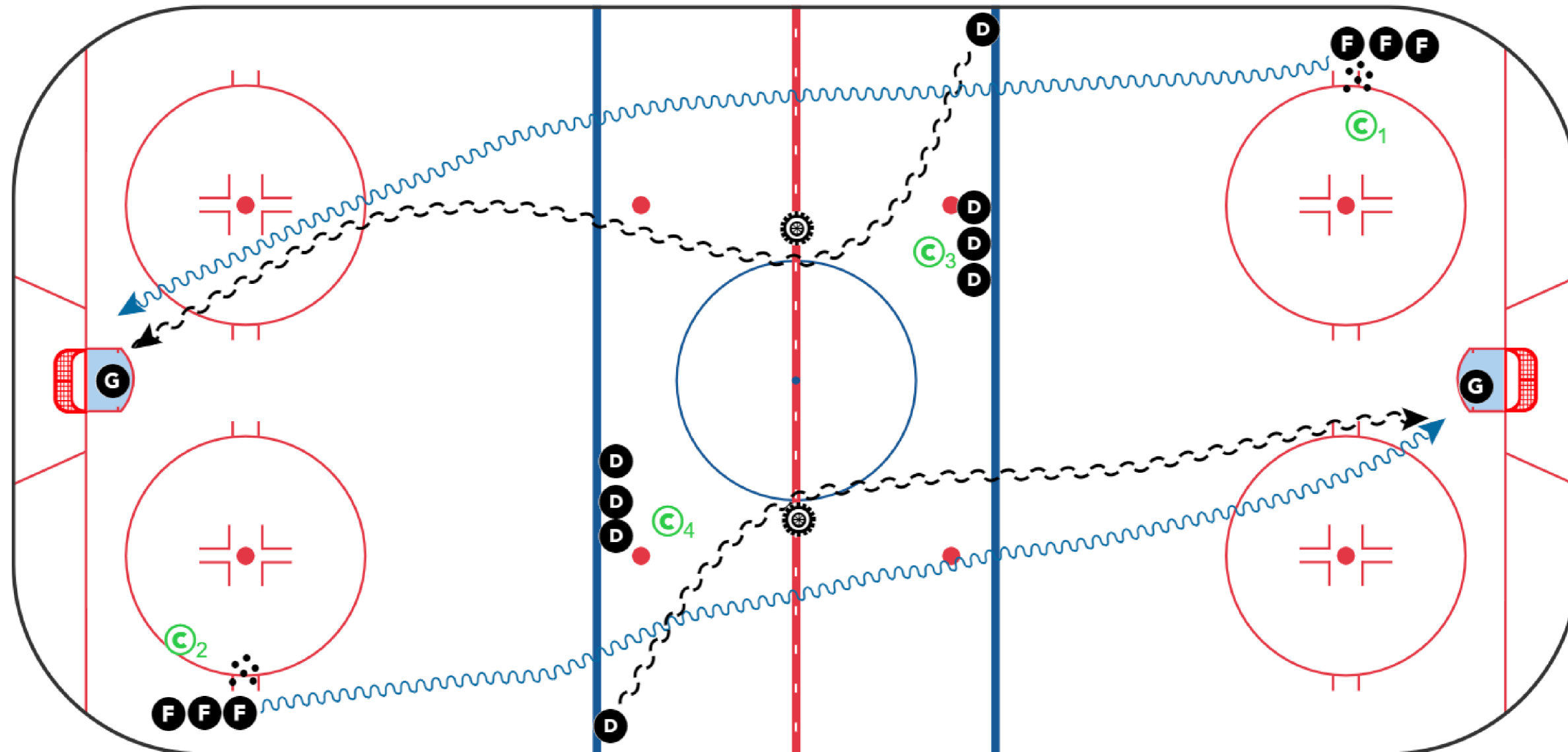


# Game Scenarios - Session #3

2

Game Scenario's - 1 v 1 & 2 v 1 Full Ice - 10 to 12 minutes

Resource: T.W Coach Development



- Forward lineup on hash marks... NO Cheating
- Defence lineup with stick touching boards
- On whistle Forward takes off with the puck on a 1 vs 1 with Defence
- Defence can't turn forwards until the Red Line
- ADVANCED: Defence lies flat on the ice with stick touching boards.
- Progression: Turn into 2 v 1 drill.



# Game Scenarios - Session #3

# 3

**Game Scenario's - 3 on 2 Half Ice - 15 minutes**

**Resource: T.W Coach Development**

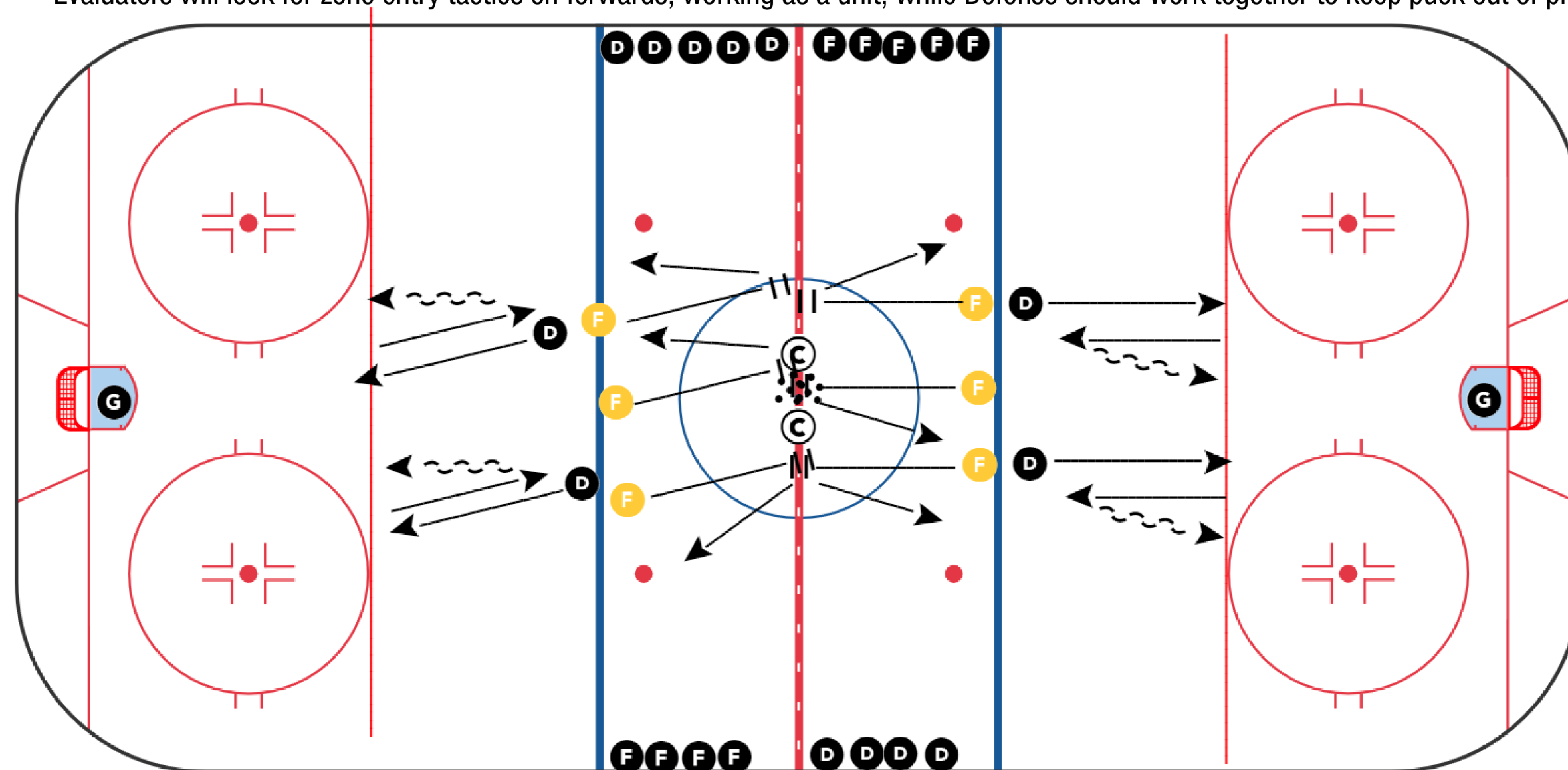
## 3 on 2 Rush Drill:

Play until whistle, goal or Defense carries puck out of zone.

F's & D both start on the blue line

On GO - Fwd's skate to Center stop and get pass from coach - Defense skate to ringette line, stop turn and pivot for 3 on 2.

Evaluators will look for zone entry tactics on forwards, working as a unit, while Defense should work together to keep puck out of primary scoring areas.



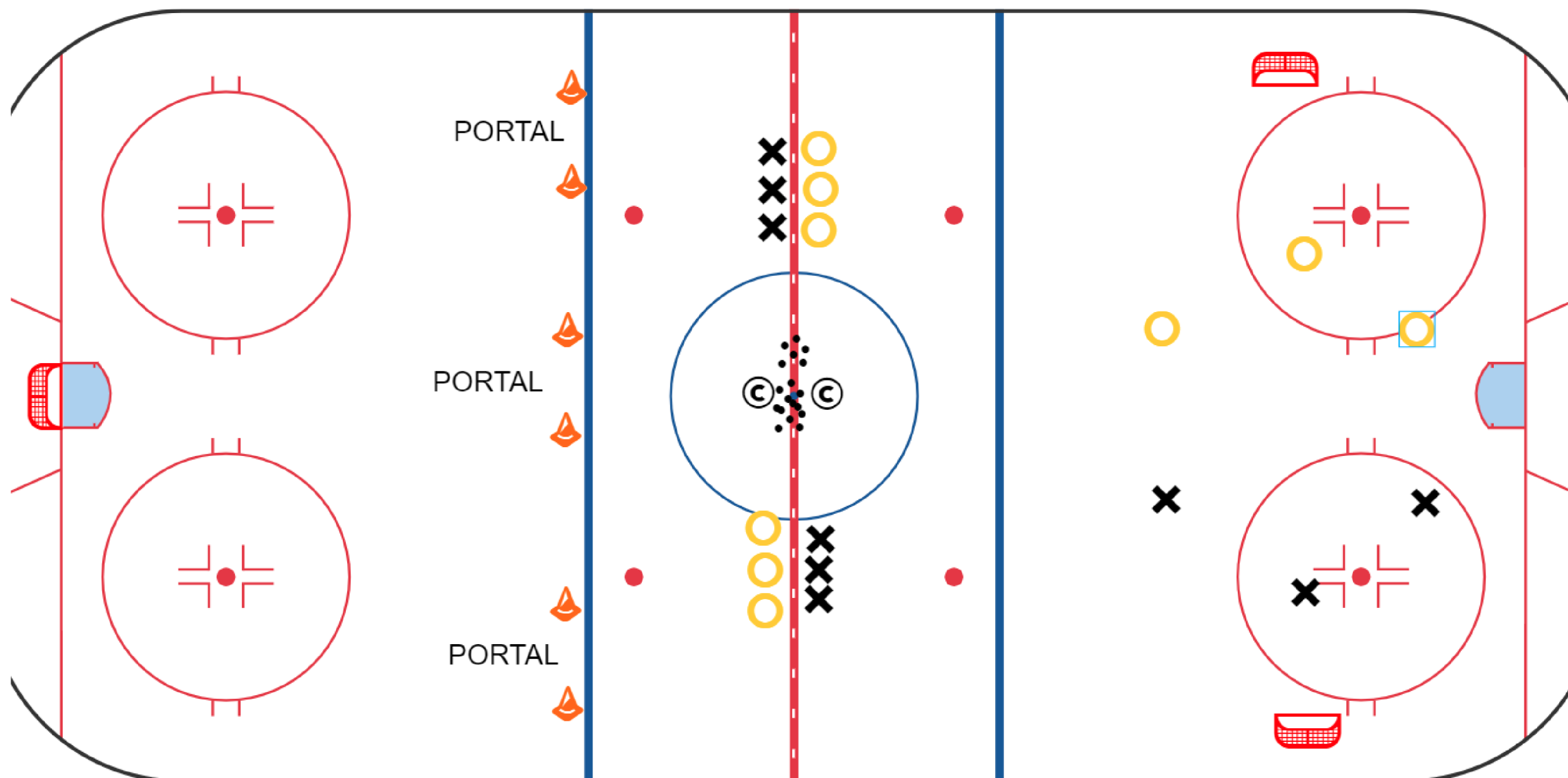




# Game Scenarios - Session #3

# 4

## Game Scenario's - 3 on 3 Half Ice Games



On Ice Coach decides sequence based on number of players and goalies.

- Can be played half ice or cross ice
- Players play to whistle or until Coach stops the play
- If a goal is scored a new puck may be shot in by the coach
- Play should last approx. 30 seconds per shift
- Players should be shuffled to ensure fair competition

On Ice Evaluators may change to 5 on 5 full ice based on age group and or size of group.