

Barrier Tag - Zach

Set up two or three barriers. Player X will start on one side of barrier and player O will start on the opposite side of the barrier. When coach says go, they play tag, but must go around the barrier to get to other player (can go either direction). If player tags opponent, players reset and start again.

Barrier Tag Game

Friend or Foe - Frank

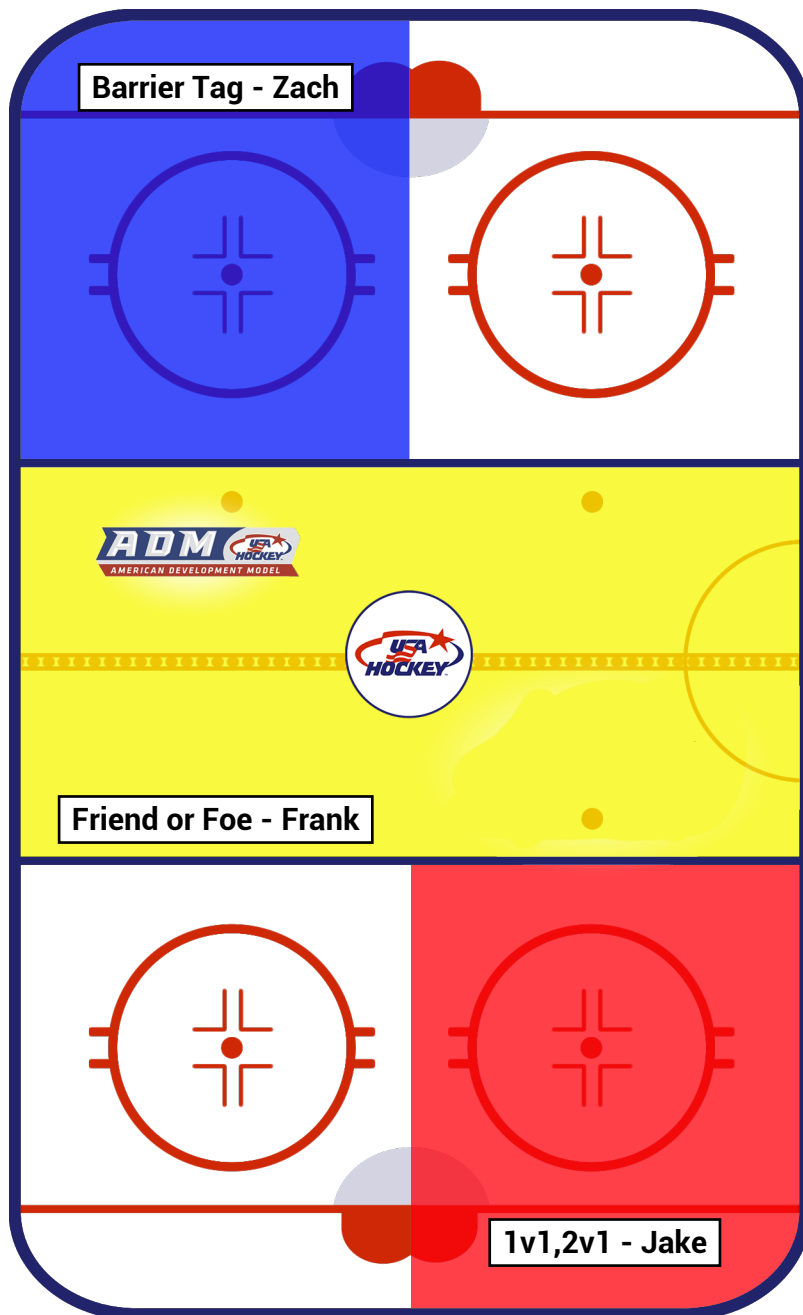
Friend and Foe

1v1,2v1 - Jake

1v1, 2v1

Roam - Andy

Help and advise as needed.



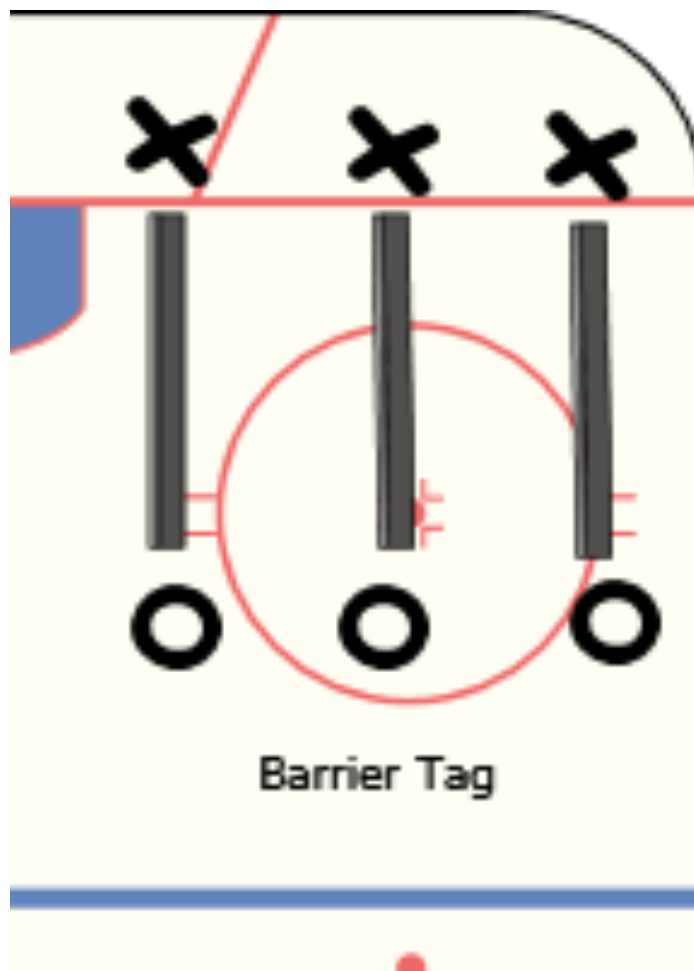
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Progressions/Options

1. Require players to skate only backward
2. Allow players to jump over the barrier to tag opponent
3. Add one puck and have players play keep away tag around barrier with puck

Work to Rest: 4 players active; 3-4 players resting for 30 seconds each



Friend & Foe

Have players pair up. On whistle, “friend”, players pass back and forth. Next whistle “foe”, 1v1 keepaway. Whichever player has the puck at the whistle tries to maintain possession while other player attacks. Have players stay in somewhat confined area. Change type of passing on each whistle (example: backhand, sauce, one-time)

1v1, 2v1

Coach spots a puck into the corner. First player in each line races to gain possession. The puck carrier must decide to attack the net immediately or maintain possession for 2-3 seconds after which the coach will release a teammate to create a 2v1. The new support player must move to the strong side of the ice as opposed to just waiting at the net for a back door pass. Work on close, strong side support.

Extra Thought: Some version of Gretzky/Coffey and/or Point Shot Game with options & decisions

