

Organizing the Ice for Games

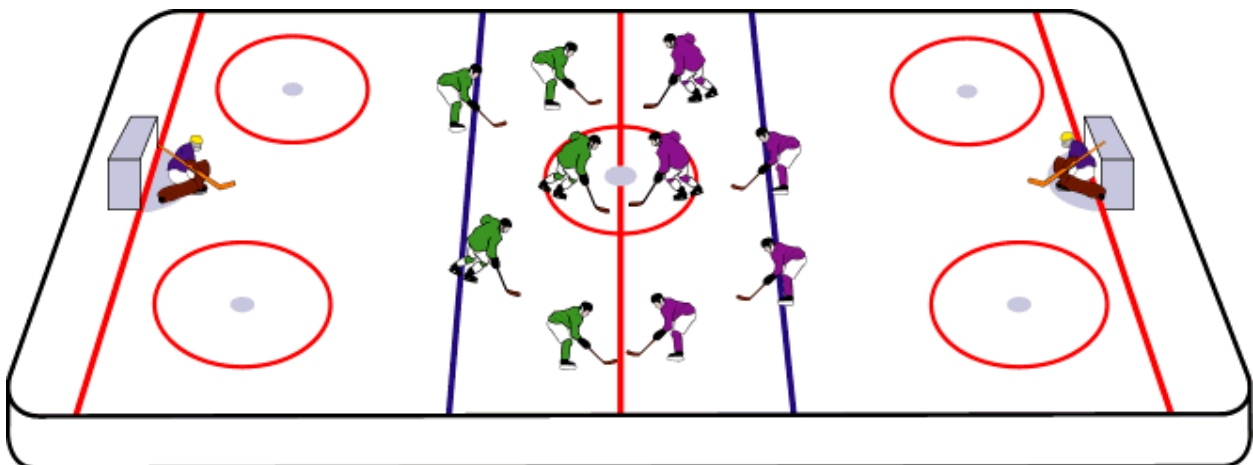
A coach has to be able to use space well in order to run effective practices. This is a guide on ways to coach using games.

D1 Basic Formation

D-coded exercises are the most important part of the teaching system, because they involve the game itself. The other exercises all lead up to the D exercises, acting as building blocks for learning how to play in game-like situations.

Teaching points:

D1 uses the whole ice with two nets. The model used is the traditional and natural way of learning by playing using "scrimmages", but rule variations enable the coach to use the ice more effectively.



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D100 Formation

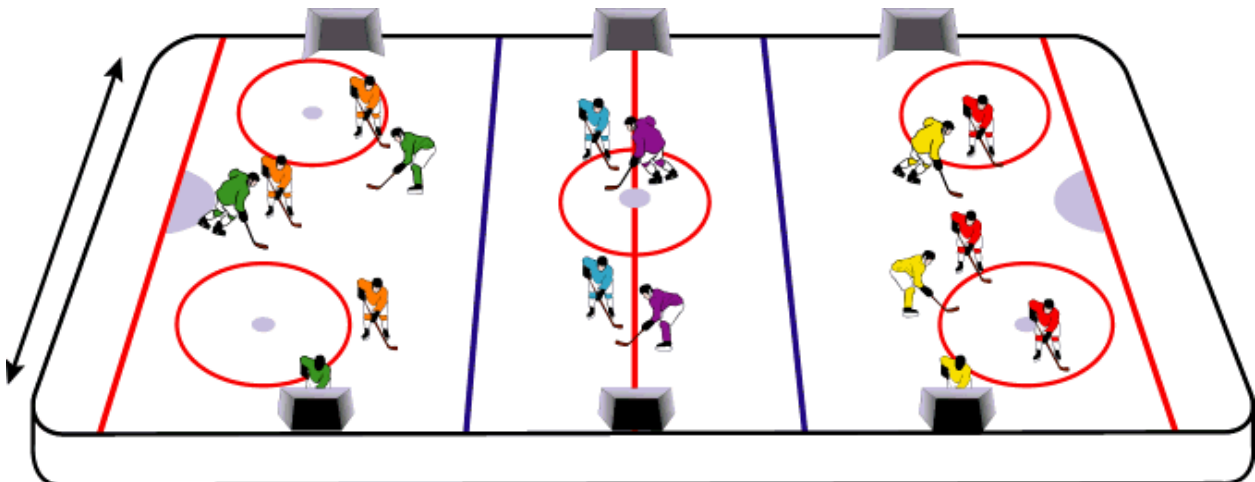
D100 formation is another formation that uses the whole ice with two nets, however the extra players wait on the side boards or the bench.



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D2 Basic Formation

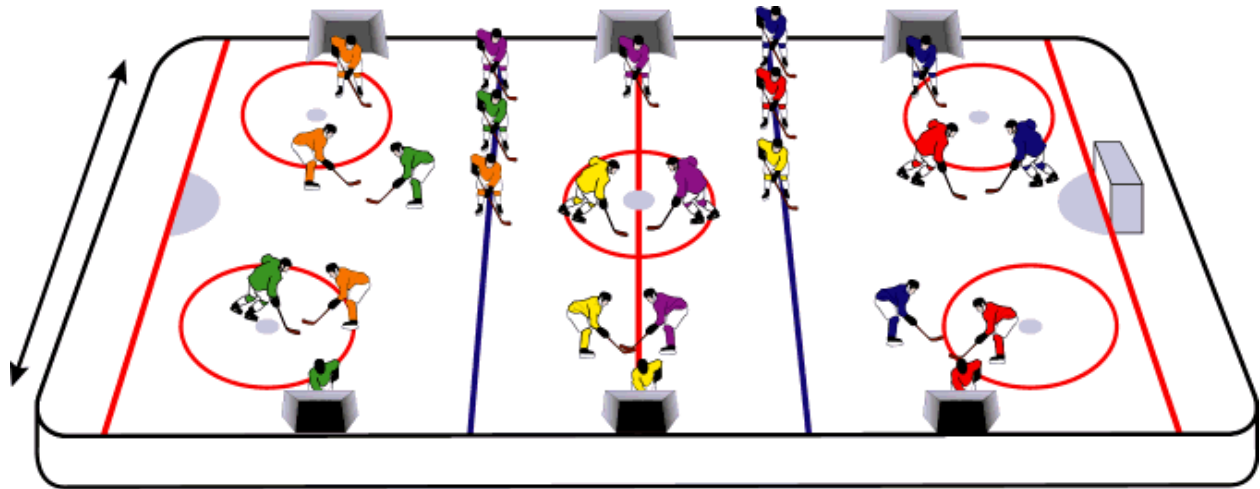
Games are played cross-ice with nets, pylons, lines on boards, etc. as the goals. Special rules allow the players to practice individual or team play skills in this smaller area. In this formation, many game understanding, reading and reacting skills will naturally be developed. This formation encourages creativity and split vision in more realistic situations.



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D200 Formation

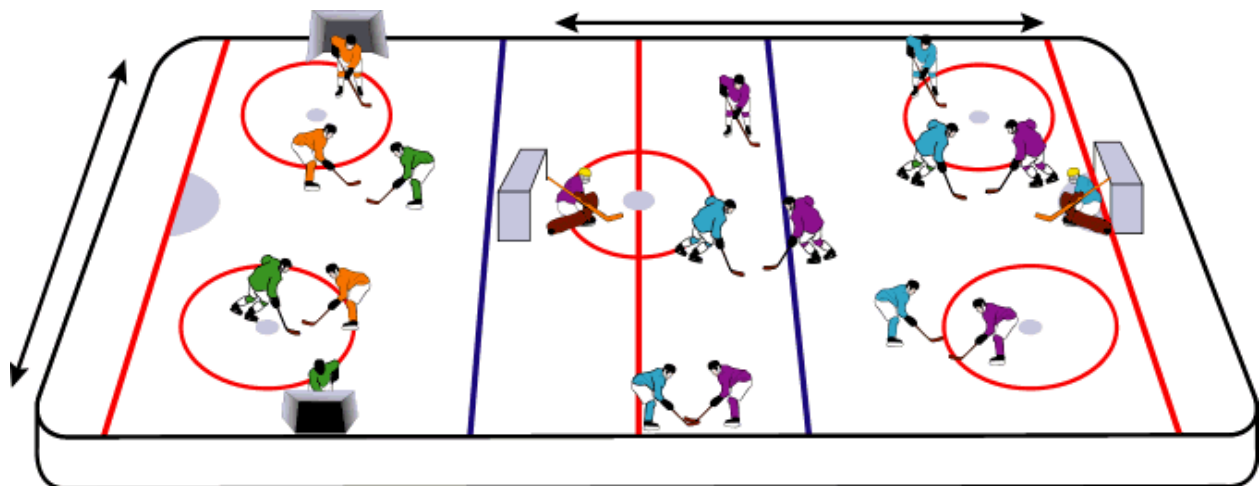
D200 formation is similar to D2 basic formation except the extra players line up along the blue lines.



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D3 Basic Formation

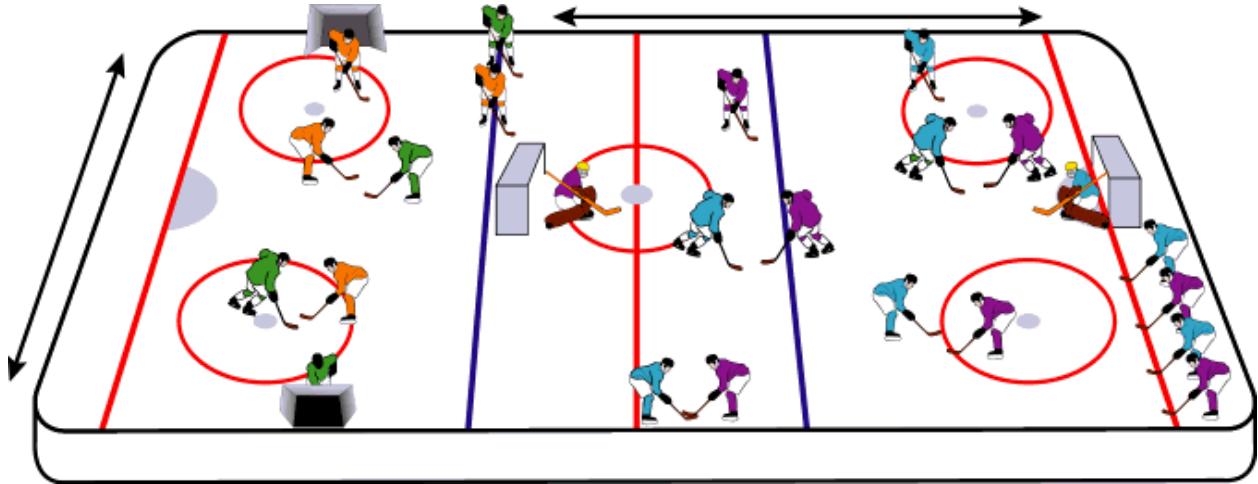
In the D3 formation, the ice surface is used by having a full ice game across two zones and a cross-ice game at one end. This formation is very useful if the skill levels or size of the players vary. More advanced players can use D1, while the others play in D2 formation. This formation is very helpful when one end is needed to practice skills that don't have much movement. The game can go on in two zones, techniques can be taught in the third zone.



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D300 Formation

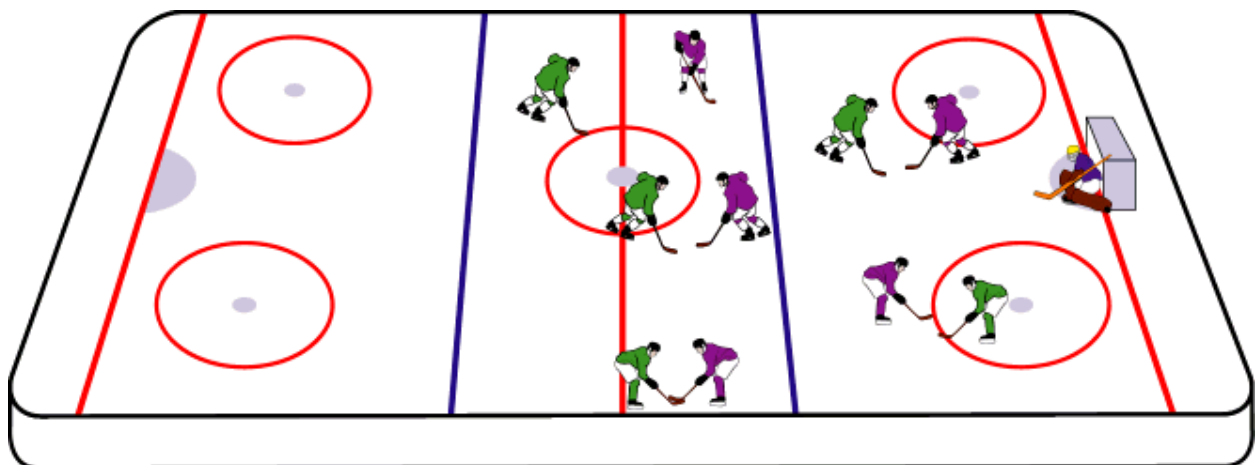
D300 formation is similar to D1 and D2 formations except the extra players are lined up either on the boards or the blue line.



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D4 Basic Formation

In the D4 formation the players either use one third or one half of the rink and both teams shoot on the same net, as in half court basketball. In order to go onto offence, the defense must carry the puck over the blue line and then turn back into the zone. If half of the rink is available, the defense must carry the puck as far as the red line before turning back and attacking. All players must get on-side in these games; this rule promotes skating and much more realistic playing situations.



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D400 Exercise

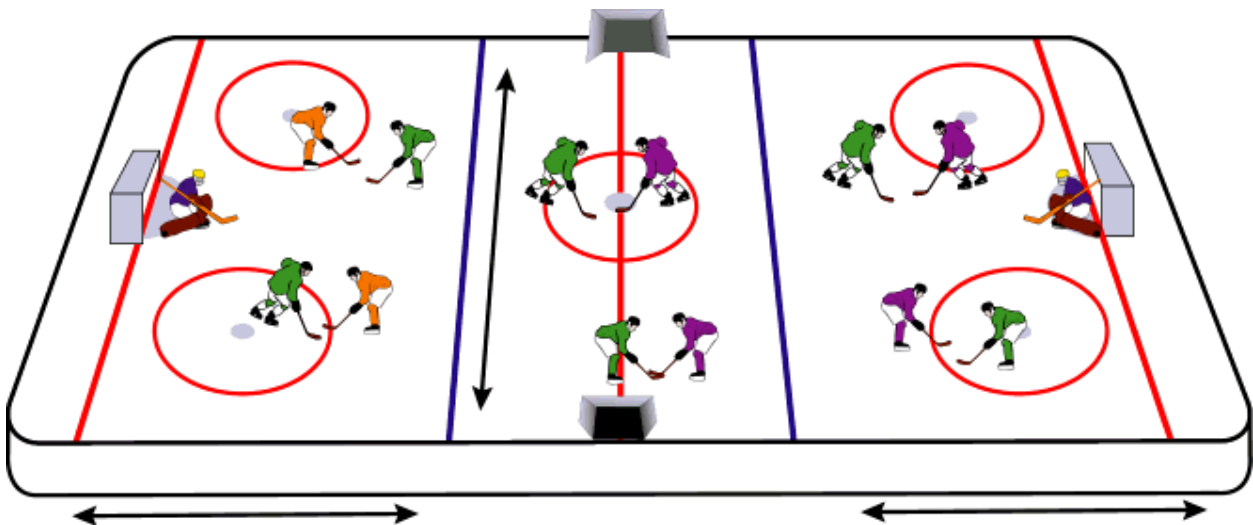
D400 formation is similar to D4 formation except the extra players line up along the boards in the neutral zone.



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D5 Formation

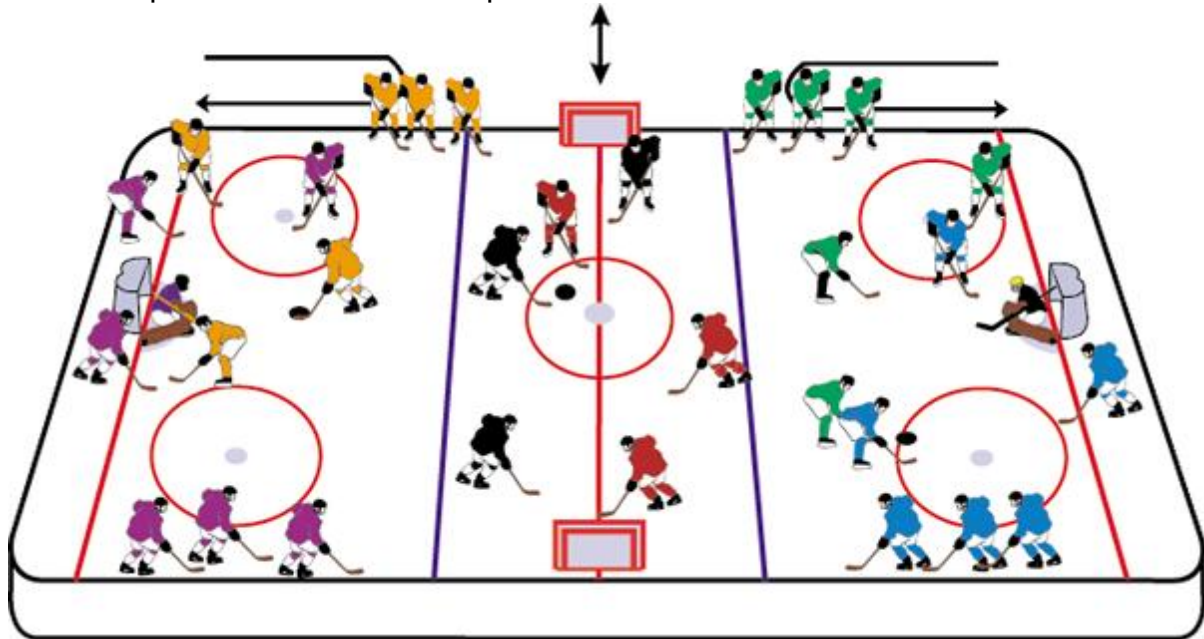
D5 formation is the combination of D4 and D2. Two zones are used for playing half-ice games where the players must touch the blue line with their skates before going on offence. The neutral zone is used for a cross-ice game.



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D500 VARIATION

D500 Variation is similar to D5 except the extra players are lined up along the boards near the blue lines. Rule variations enable the coach to use the ice more effectively and focus on specific skills and techniques.



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D6 FORMATION Description: When the coach has four goalies at their disposal, a D6 formation may be used. By playing a regular full ice game with two nets on each goal line, 4 goalies can be accommodated. The coaches should emphasize that goals do not count if the scorer did not make eye contact with the goalie before shooting.



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D7 FORMATION

In the **D7 formation** the players are put into 8 teams and play 2 half-ice games at each end of the rink. Each game can have special rules or all of the games can have the same rules. **It is an excellent way to make use of the entire rink.** Up to about 40 skaters and 4 goalies can all play at the same time. Of course, the bigger players need more space and smaller teams.

The tight situation causes the players to have to read and react quickly and develop quick moves.

Many drills can also be done using this formation when you have large groups and multiple goalies. It is a great way to share the ice and play tournaments or set up a combination of games and skill activities.

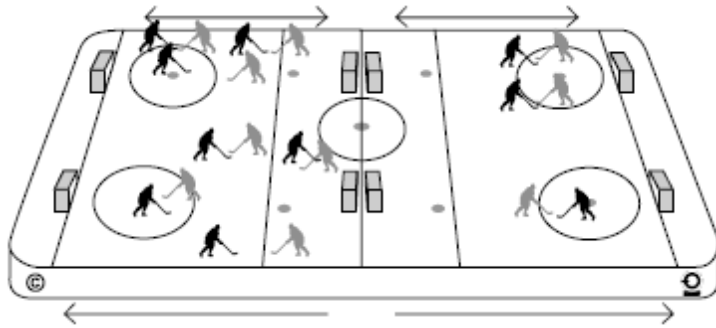


D7 FORMATION

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D8 FORMATION

In the **D8 formation** the players are divided into 8 teams, and they play 4, quarter-ice games; each game has 2 nets. **This works best if there is a rink divider** along the red line to keep the puck in one end of the ice.



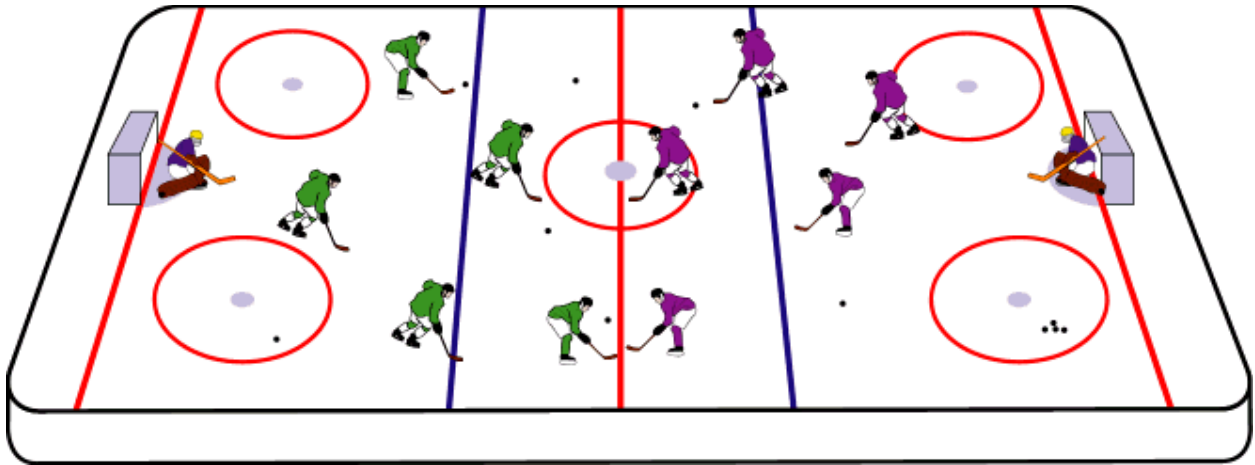
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Multi – Puck Games to Teach Split Vision for Young Players

D1 - Playing with More Pucks using Full Ice

Playing with more pucks enables the coach to increase the amount of activity on the ice. More game-like situations are created for the players to solve. To keep the game safe, there can be no hitting or slap shots. All players should keep track of their goals. For beginners, you can use many pucks and ask them to score as many goals as possible. After a while, ask how many goals each player has scored. If the goalie is making a save, the puck carrier must protect the puck and wait for the goalie to be ready before shooting.

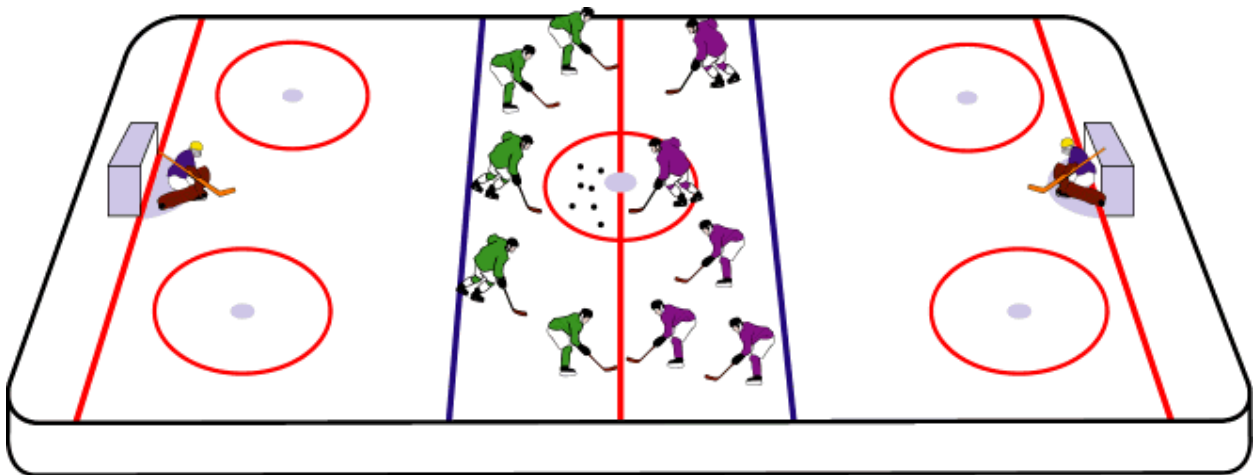
Roles 1 and 3



D1 - Playing with 7 Puck

Two teams gather at center and the coach drops 7 pucks. If the goalie is making a save, the puck carrier must wait for the goalie to be ready before shooting (the shooter and the goalie should have eye contact). The first team to score 4 goals wins, and another game begins. Make sure that there are only 7 pucks and the pucks are left in the net after a goal.

Roles 1 and 3



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Playing with 3 Pucks

Playing with 3 pucks causes some things to naturally happen. The players must look around with their heads on a swivel so they know what is happening behind them. Some variations are everyone on the ice or 5-on-5 with line changes. Keep score and the team that scores twice wins. Next game, start with two pucks, and then one. In order to avoid confusion, only have three pucks on the ice at one time, the extra pucks can be on top of the nets. Another idea is a timed game where the goalie puts the puck back into play after a goal.

Roles 1 and 3



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Playing with 2 Pucks

Playing with 2 pucks has the same basic purpose in the system as all multi-puck games. The goalie puts the puck back into play after a goal. A good technique is to give a point to the team that scores two goals. Playing with two pucks at more advanced levels is a good read and react exercise when you play situations such as 3-on-3.

Roles 1 and 3



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