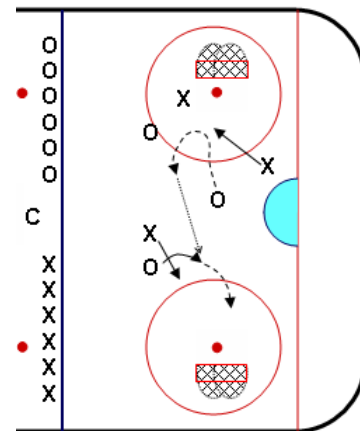


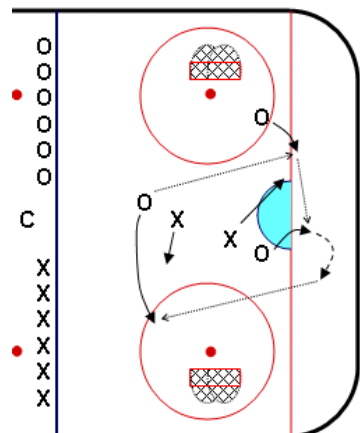
Cross-Ice Games

Cross-Ice hockey isn't just for younger players at the Initiation and Novice levels. Coaches can use Cross-Ice games to re-enforce skills and tactics taught in practice through game-like situations – small area games reduce time and space for players to make quicker decisions, increases intensity of your practices, and can add a lot of fun to your practices. Here are 4 great cross-ice game variations:

3 V 3 • ANY NET
<p>DESCRIPTION:</p> <p>Basic 3 vs. 3 cross ice play with the teams allowed to score on either net. Additional restrictions can be added for example; require a pass to teammate after transition before you can score.</p> <p>KEP (KEY EXECUTION POINTS):</p> <p>This offensive game allows players to think outside the box and work on their deception skills.</p> <p>Fake in one direction then attack in another to manipulate the defenders. Defensively, players must work hard to regain defensive side body position on the attackers as the area being attacked is constantly changing.</p>



3 V 2 • ALTERNATING
<p>DESCRIPTION:</p> <p>Three O's begin the cross ice game with a 3 vs. 2 man advantage. On the whistle to change the advantage is reversed to the X's.</p> <p>KEP (KEY EXECUTION POINTS):</p> <p>Offensively players work at passing the puck quickly and skating movement into offensive support positions, creating passing lanes.</p> <p>The defensive players must protect their net front area and read the level of control by the offense. They must read when to press and when to contain.</p>



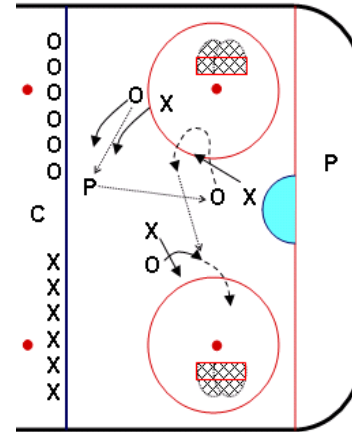
3 V 3 • OUTLETS

DESCRIPTION:

The teams play 3 on 3 cross ice with the option of using the outlet players as passing options. This in effect gives the offensive team a 5 on 3 advantage. The outlet players can move below the goal line and along the blueline. They should look to return the puck to the offensive team as quickly as possible. The outlet players are not allowed to score.

KEP (KEY EXECUTION POINTS):

Puck movement is the emphasis of the game! The offensive team should under handle the puck as much as possible and attempt to create offense through puck movement.



VARIATIONS:

To force puck movement the offensive team must make one pass to an outlet player prior to attacking the net. To force more net front confrontation the outlet players must shoot the puck attempting to create a rebound. This allows the offense to work on scoring in tight, creating screens and the defense to work on net front body positioning.

3 V 3 • BUILD UP GAME

DESCRIPTION:

Drill begins from a 2 vs. 2 cross ice format. Each team can activate additional players by passing twice to the first person in their team's line. Once the player in line has received two passes he then activates into the play and the next player in line gets ready as a possible outlet. There are no limits to the number of players a team can build up too during their shift.

KEP (KEY EXECUTION POINTS):

Since the number of players in the game can change, active players must read the odd or even man situations and play accordingly.

