

## D1 Shinny – Russian U20

*I was going from rink to rink in the 4 rink complex at Canada Olympic Park. Every rink had a different team practicing. Sometime I was with other coaches and sometimes alone. The audio often has me trying to figure out what the team is doing in the drill or game. In this game it looked like three groups rotating at the start but after a while I realized they were playing Shinny with no rules or if they had any skill rules I couldn't tell. I often have my teams or skill groups play but most of the time have rules like one touch in each zone or 2" with the puck only or a stickhandling game like - you can't pass until you cross a blue line and if you get a pass in the offensive zone you can't pass but must try to score.*

*So anyway the Russians were playing shinny and they seemed to do this as a cooldown activity and usually ended with a shootout.*

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### Key Points:

Everyone plays at once. No offsides and no rules except good sportsmanship. Great for developing puck handling skills and recovery after a hard practice.

### Description:

This is the Russian U20 team playing shinny at the end of two practices. Everyone plays including the coaches and the extra goalie. They played shinny at every practice. The players enjoyed the games and it was a very different atmosphere than the North American practices which were so military with whistles all of the time, coaches barking and making many passes in command style, coach centred sessions.

*Hockey seemed like a Game at the Russian and other European practices and a Job at North American sessions.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120302093038534>

<https://youtu.be/waxmknHzVlq>

