

D4 One Zone Game - Slovakia U20

Key Points:

'The Game is the Greatest Coach.' Play in one zone and practice working together. Use various rules. In the video they are playing 'One Pass.'

Description:

1. Game is in one zone and if the puck goes over the blue line the other team gets it.
2. Puck changes possession on a goal or a frozen puck.
3. Transition to offense by making at least one pass before you can shoot.
4. Use modified rules such as: one pass, two passes, only forehand, only backhand, goals only on one touch shots, two touch or two seconds with the puck, puck carrier must make an escape move, goals must originate from the point, goals must originate from below the goal line, only one pass allowed, only certain kinds of shots like a backhand or slap shot, etc..
5. Add intensity by keeping score and having tournaments.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141208094425400>

<https://youtu.be/iaOV78d0x2M>

