



**National Coach Mentorship Program**  
**Specialty Clinics**  
Ice Session Module: Small Area Games



**NATIONAL**  
**COACH MENTORSHIP PROGRAM**

**Small Area Games**  
**Coach Resource Package**





# National Coach Mentorship Program Specialty Clinics

Ice Session Module: Small Area Games



## Introduction and Acknowledgements

Dear Coach,

Specialty coach clinics are a national initiative of the Hockey Canada's National Coach Mentorship Program and designed on a modular basis to supplement Hockey Canada's National Coaching Certification Program. The module series is planned to compliment Hockey Canada's Coaching and Mentorship programs. The following clinics have been developed:

- Skating
- Puck Control
- Shooting and Scoring
- Checking
- Creating Offense
- Developing Defencemen
- Goaltending
- Special Teams
- **Small Area Games**
- Creative Thinking

Hockey Canada wishes to acknowledge the people involved in helping to create this resource.

Bob Caldwell – Deloraine, MB  
Mike Dawson – Saint John, NB  
Mike Wirachowsky – Regina, SK  
Robert Potvin – Montreal, QC  
Dean McIntosh - Calgary, AB  
Corey McNabb – Calgary, AB

Edited by Dr. Vern Stenlund – University of Windsor, Windsor, ON

## NATIONAL COACH MENTORSHIP PROGRAM

Hockey Canada would like to acknowledge the generous support provided by The Canadian Hockey Foundation which enabled the production of these resources.





# National Coach Mentorship Program Specialty Clinics



## Ice Session Module: Small Area Games

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The NCMP Specialty clinics were designed to with the following messages in mind.

### Keep Them Moving

Whether it's practice, clinic, or camp, ice sessions should be designed to engage every participant consistently. Kids don't attend practice to watch others play. Kids enjoy practices when they have fun and they experience an improvement in their overall skills.

### Emphasize The Fundamentals

Build a foundation that will never crack by properly teaching the basics. Learning the fundamentals and perfecting the same basics at every level of play is essential to having any chance of success.

If one player does not execute the fundamentals of his position correctly, the most sophisticated drill or play in the world will not work. It is unfair and not fun to focus on running plays that will fail 9 out of 10 times. **Kids practices that focus on Team Play over executing fundamentals are cheating every participant out of the chance to learn the game properly.**

Do not attempt to replicate plays you see in NHL and Junior games! Every scheme that is attempted in a junior or NHL game is supported by years of training in the fundamentals of the game.

### Incorporate A Progression Of Skill Development For Every Participant

Regardless of a player's skill level, it is your responsibility as a coach to teach every kid on your team. It is no secret that if kids experience improvement in their skills, no matter what their athletic ability may be, they will continue to participate and return to learn more. Teach the skills in the proper order so you can continue to improve and build on each training session.

### Considerations for Development

Following are some general observations of youth sports as stated in the Long Term Athlete Development Plan.

- Young athletes under-train, over-compete; Low training to competition ratios in early years
- Training in early years focuses on outcomes (winning) rather than processes (optimal training)
- Poor training between 6-16 years of age cannot be fully corrected (athletes will never reach genetic potential)
- The best coaches are encouraged to work at elite level;

Basically it takes **10,000 hours or 10,000 repetitions to master a skill**. With the ages of 9 – 12 being the most important for skill acquisition it is during this time period that the skills included in the specialty clinics need to be repeated consistently. To that end, the skills were chosen so that a coaching staff can work on these specific skills until a reasonable level of mastery is achieved and then move onto more advanced skills.

Ultimately, if you as a coach can master teaching these skills, and players can become proficient at performing these skills then success will be the outcome. The goal is to concentrate on teaching these limited quantity of skills and move on only once the players can reasonably master them.

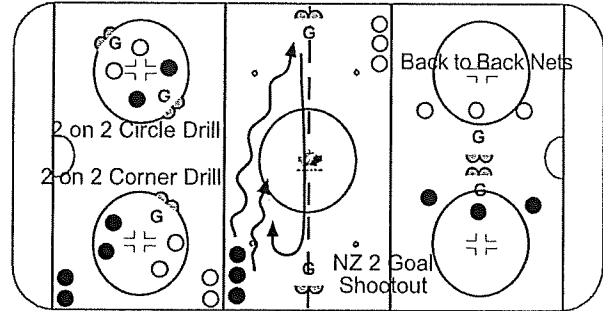


# National Coach Mentorship Program Specialty Clinics



## Ice Session Module: Small Area Games

Time	Drill Name & Description	Key Points
5	Back to Back Nets	
	<p>-Nets are placed back to back between the hash marks. 3 X's play 3 O's.</p> <p>-One o and one x have to stay in contact with the faceoff dot. They are the "slot men".</p> <p>-Play a 40 second shift....anyone can score.</p> <p>-A great drill for goalies to follow behind the net play.</p>	
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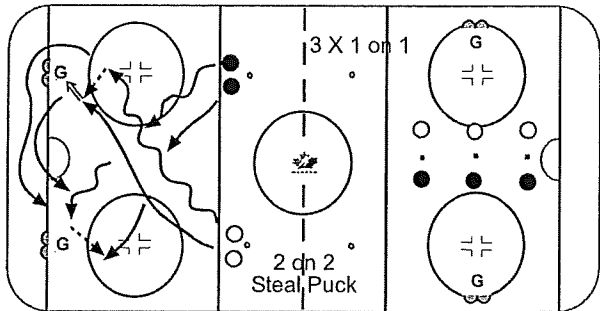


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Time	Drill Name & Description	Key Points
5	2 on 2 – Steal Puck	
	<p>-Place nets at one end on the goal line.</p> <p>-Place skate cross ice to score on the diagonal goal.</p> <p>-If one team scores first, they can go and try to steal the puck from the other team and score twice.</p> <p>-Play to 10</p>	
<b>Skill Analysis / Error Detection</b>		
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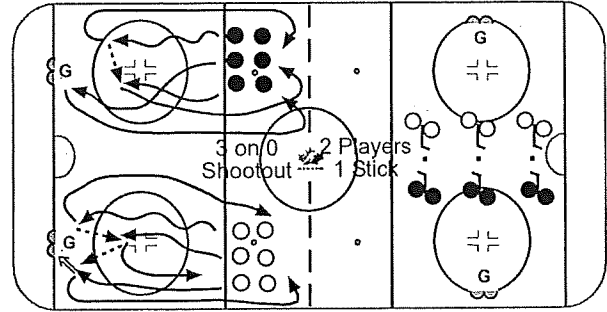
# National Coach Mentorship Program

## Specialty Clinics

### Ice Session Module: Small Area Games



Time	Drill Name & Description	Key Points
	2 Players – 1 Stick	
	<p>-A fun team building game. Players partner up and use only one stick between them to play cross ice.</p> <p>-Must decide to shoot left or right, and can not let go of the stick.</p> <p>-Play to 5</p>	
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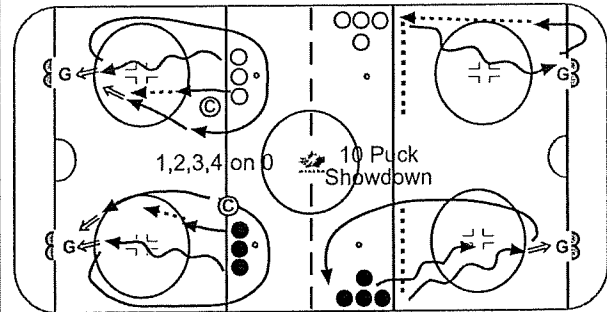


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Time	Drill Name & Description	Key Points
	1, 2, 3, 4 on 0	
	<p>-Divide players into two teams</p> <p>-On whistle first player in each line goes in for shot on net, keep shooting until goal is scored.</p> <p>-After goal, player skates outside blue line, picks up another puck and goes in with 2<sup>nd</sup> player in line for a 2 on 0.</p> <p>-Continue 3 on 0, 4 on 0 until all players in line have gone.</p> <p>-Relay is won by first team who slides over blue line after last goal is scored.</p>	
<b>Skill Analysis / Error Detection</b>		
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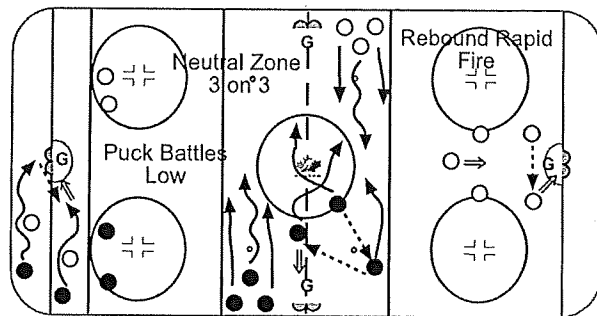


# National Coach Mentorship Program Specialty Clinics



## Ice Session Module: Small Area Games

Time	Drill Name & Description	Key Points
	Neutral Zone 2-2 / 3-3	
	<p>-Coach has pucks in the zone, nets on the side boards .</p> <p>-On whistle 2 x's and 2 o's jump into the zone and play a 2-2, 3 on 3 game.</p> <p>-If one team scores, they can try and steal the other teams puck</p> <p>-To change, blow whistle, players leave the puck new players jump in</p> <p>-Players not playing can stretch if drill is at end or start of practice. Shifts should be game-like 40 seconds.</p>	
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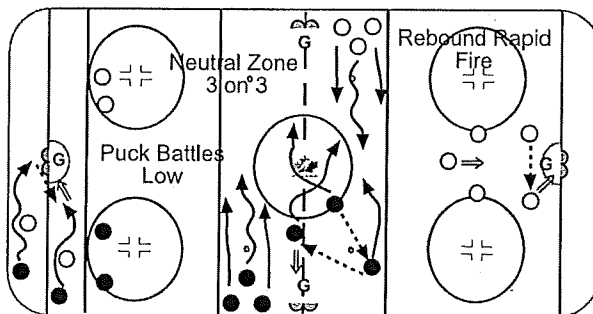
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Time	Drill Name & Description	Key Points
	Rebound Rapid Fire	
	<p>-In this game the first team to score 10 goals wins.</p> <p>-A shooter (coach or player) fires pucks from about 20 feet out.</p> <p>-Two players, one from each side of the shooter will go for the rebound and can try to score until puck is cleared, covered or a goal is scored.</p> <p>-Coach shoots again etc.</p>	
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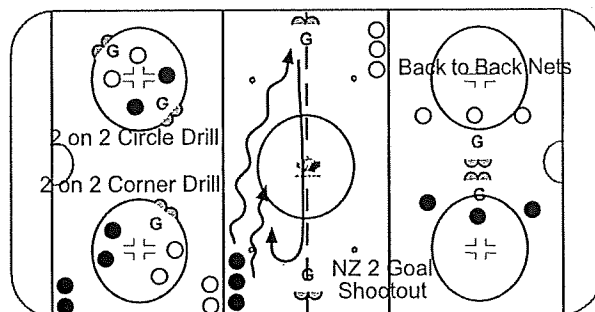


# National Coach Mentorship Program Specialty Clinics



## Ice Session Module: Small Area Games

Time	Drill Name & Description	Key Points
5	2 on 2 Corner Drill	
<p>-Place one net on the edge of the circle, facing the boards.</p> <p>-Players play 2 on 2 both trying to score on the same net.</p> <p>-If puck goes out of play, coach spots new on in.</p> <p>-Switch players every minute, first team to 5 wins.</p>		
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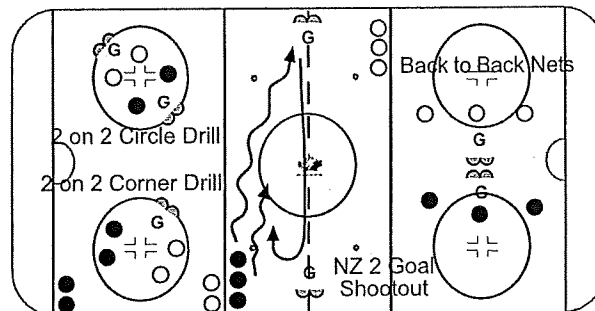


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Time	Drill Name & Description	Key Points
5	Two Goal Neutral Zone Shootout	
<p>-Two groups, x's and o's line up on the blueline.</p> <p>-On the whistle, the teams attack the goal and try to score.</p> <p>-If they score, one players must go back, get a second puck and the 2 attack again.</p> <p>-The first team to score 2 goals wins and gets one point. Play to 9 goals.</p>		
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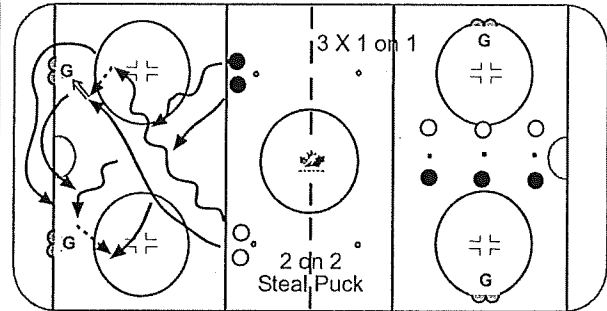


# National Coach Mentorship Program Specialty Clinics



## Ice Session Module: Small Area Games

Time	Drill Name & Description	Key Points
5	3 X 1 on 1	
<p>-Place nets at one end on the side boards.</p> <p>-3 players from each team start off playing 1 on 1.</p> <p>-If one player scores, then he / she can go help another player on his / her team to make it 2 on 2, then 3 on 3 until all 3 pucks are in a net.</p>		
<b>Skill Analysis / Error Detection</b>		
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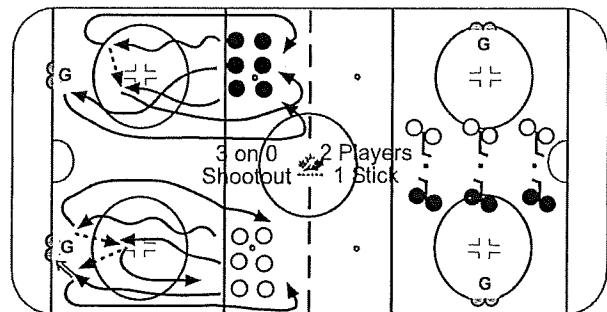


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Time	Drill Name & Description	Key Points
5	3 on 0 Shootout	
<p>-3 Players from each line go at once with 1 puck.</p> <p>-Same 3 players go until they score 3 goals, then they switch and the next 3 players come in.</p>		
<b>Skill Analysis / Error Detection</b>		
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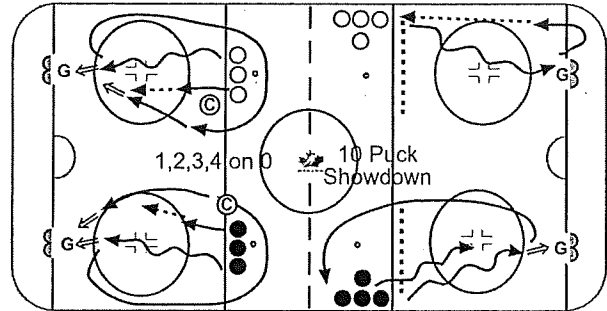


# National Coach Mentorship Program Specialty Clinics



## Ice Session Module: Small Area Games

Time	Drill Name & Description	Key Points
5	10 Puck Showdown	
<p>-Place 10 pucks on each blue line, x's versus o's. A player has a breakaway, if he scores, the next guy goes.</p> <p>-If he misses, he retrieves the puck, sets it back on the blueline or passes to the next person in line and goes to the back of the line.</p> <p>First team to empty the blueline wins.</p>		
<b>Skill Analysis / Error Detection</b>		
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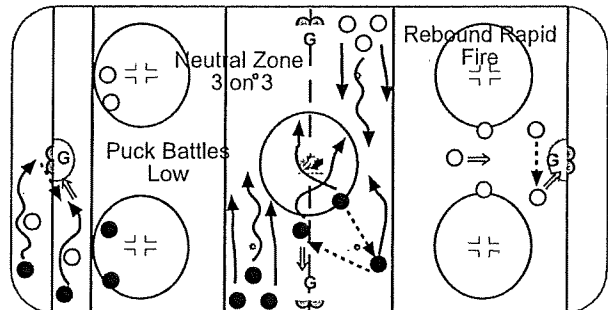


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Time	Drill Name & Description	Key Points
	Puck Battles Low	
<p>-Coach dumps in a puck and players battle for possession.</p> <p>-They must stay below the goal line.</p> <p>-On the coach's whistle, the player with the puck tries to get to the net and score.</p> <p>-First player to score wins, if the puck is cleared or covered, next pair will begin</p>		
<b>Skill Analysis / Error Detection</b>		
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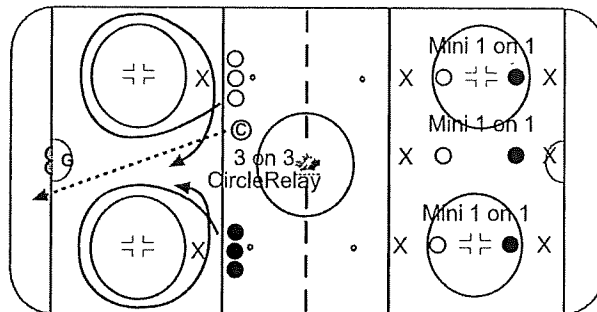


# National Coach Mentorship Program Specialty Clinics



## Ice Session Module: Small Area Games

Time	Drill Name & Description	Key Points
	3 on 3 / 4 on 4 Circle Relay	
	<p>-Create 2 teams/ divide into colours</p> <p>-Vary skating skills/ patterns each time through; may use pylons for players to skate around</p> <p>-On whistle, first player in each line performs designated skating pattern and races to the spotted puck by the coach</p>	
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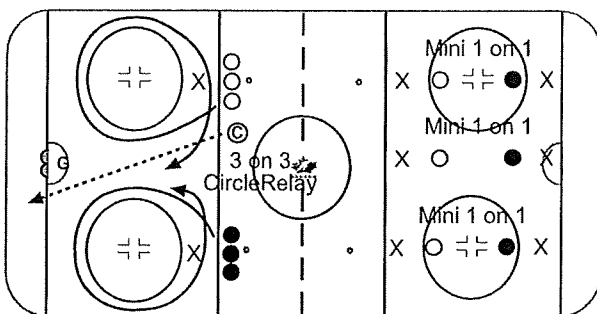


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Time	Drill Name & Description	Key Points
	Mini 1 on 1	
	<p>-Place 2 pylons on the ice as shown.</p> <p>-2 players face off with one puck and try to score by touching the puck to the pylon opposite them. Have to skate the puck to the pylon, can't shoot it at the pylon.</p> <p>-Have 3 or 4 games going at once.</p>	
<b>Skill Analysis / Error Detection</b>		
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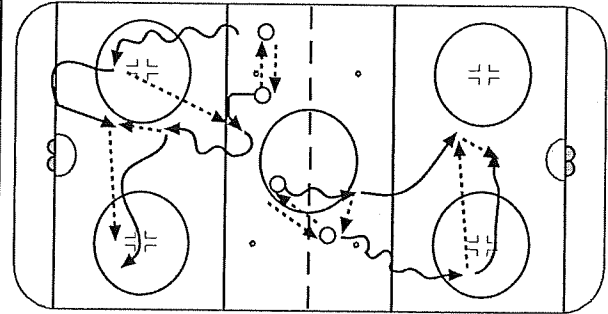


# National Coach Mentorship Program Specialty Clinics



## Ice Session Module: Small Area Games

Time	Drill Name & Description	Key Points
5	Short Pass / Long Pass – Rabbit / Coyote	
<p>-Players partner up, with one puck between them.</p> <p>-Partners skate anywhere on the ice passing back and forth to one another – first pass short/ close, second pass long/ far; always facing one another.</p> <p>-On whistle, the player without the puck then chases the player with the puck to try and steal the puck away. On second whistle, go back to shot pass long pass.</p>		
<b>Skill Analysis / Error Detection</b>		
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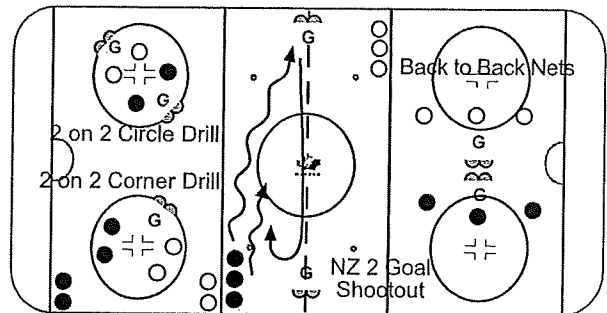


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Time	Drill Name & Description	Key Points
5	2 on 2 Circle Drill	
<p>-Place nets close together on an angle. 2 x's play 2 o's.</p> <p>-Any puck out of play or if a goal is scored, coach chips in a new puck and keep going.</p> <p>-Whistle changes players. Play to 9 goals.</p>		
<b>Skill Analysis / Error Detection</b>		
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Specialty Clinics**

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To obtain Hockey Canada Development Resources contact:



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LA BOUTIQUE OFFICIELLE DE HOCKEY CANADA

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