

## D6 and D7 Games

### Key Points:

Rink is divided lengthwise and full ice, one zone or half ice games or drills are possible.

### Description:

*Ice divided into two full length areas.*

- 5 minute game of soccer on one side and ringuette on the other with everyone playing. After 5 minutes switch the soccer and ringuette ball and ring.

- 1 on 1' on both sides. We started with a quick review of how to play a defensive 1-1 and stay on the D side, eyes up, elbow back.

- Drill - Attacker and defender both leave from the red line and skate back to their blueline and then forward. The attacker keeps going toward the opposite net and the defender must tighten his gap skating forward and then do a transition to backward skating and stay on the D side. When they cross the blue line the next two start and attack the other net.

- 2 on 1 - Now 2 attackers skate back to the blueline and forward vs one D who does the same thing in the opposite direction.

- 2 on 2 game of 60"

- 3 on 2 game of 60" with the teams alternating between sending 2 and then 3 players.

