## D1 Game Using Different Balls, Rings, Pucks

## **Key Points:**

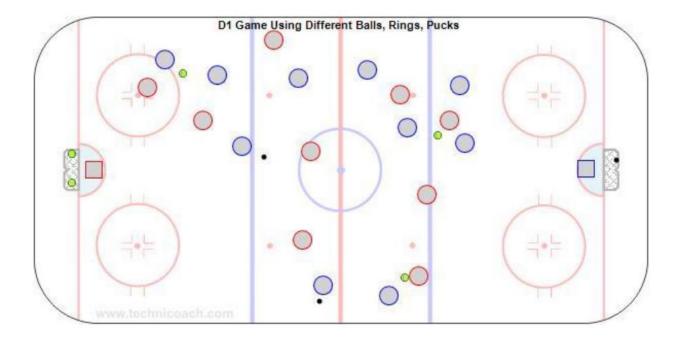
This is a nervous system overload situation where the player must adapt to the weight, bounce, feel, size of different objects and because there are multiple pucks, balls and rings he/she must also develop split vision.

## **Description:**

- 1. Play a game with everyone on the ice at the same time.
- 2. Have multiple pucks or a combination of pucks, balls and rings.
- 3. If there is a soccer ball then only the feet can be used.
- 4. With a ring the player turns the stick upside down.
- 5. Only one player at a time can shoot, so the goalie must see and react to the shooter.
- 6. Leave the puck, ball, ring in the net after a goal and count the objects when all are in the net.
- 7. Use multiple nets if it is a large group with more than two goalies.

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<sup>\*</sup>The big guy in white and red is Dany Heatley when he was playing for Wisconsin. He came to my camps and trained with summer teams I coached from age 5.