

Hockey PEI

Practice Purpose: _____

Fun Games

Date:

Drill Focus

Fun games designed for players in Initiation, Novice and Atom hockey.
Focus on creating fun and enjoyment for players as a means of teaching new skills in an enjoyable setting.
Reward players with new games each week / practice.

Key Points

Add variation to practices

Key Points

Emphasize fun

Key Points

Teach new skills without players realizing

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Fun Time ABC's

Category #1 :

Category #2 :

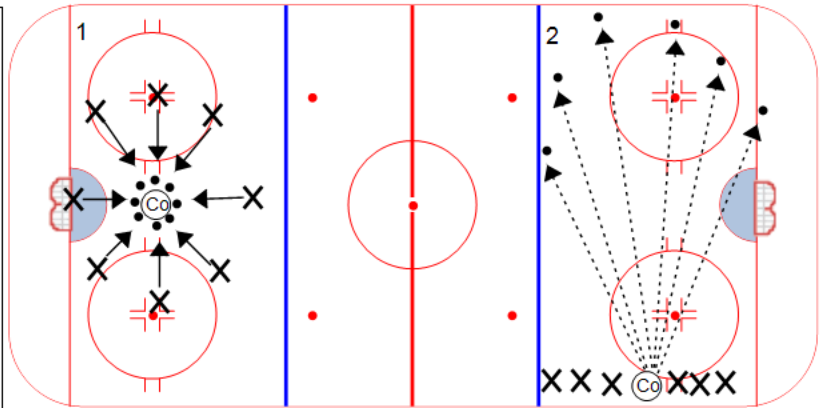
Description

1. Don't Wake the Giant

Place some pucks (treasures) on ice. One coach (giant) guards the treasure but keeps falling asleep. Players tip-toe by the Giant to steal his treasure without waking him up. Giant occasionally wakes up to scare them away.

2. Fetch

Players are the "dogs" and play without sticks. Coach rolls out as many tennis balls as there are players. Players must chase the ball, pick it up and return it to the coach. Some players may be able to retrieve 2-3 times while others only retrieve once. Have players bark when they return with the ball.



Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

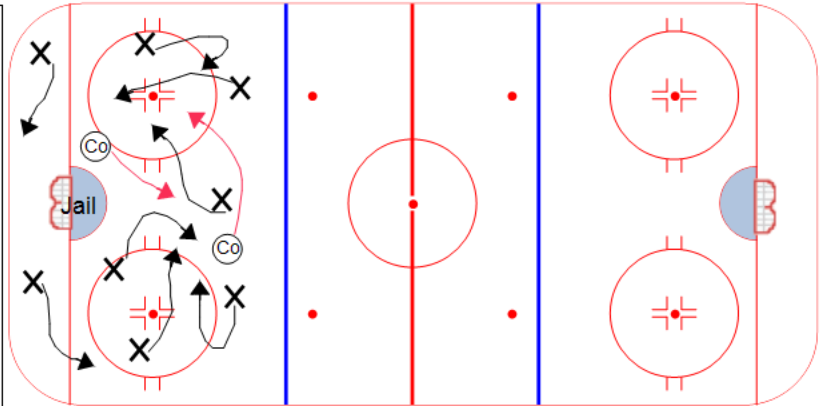
Title : Cops & Robbers

Category #1 :

Category #2 :

Description

Coaches act as Cops, players as Robbers. Players scatter in zone without sticks. When player is tagged goes to jail (net or referees circle). Players in jail can be set free by being tagged by a free player. Try to get all players in jail by end of drill.



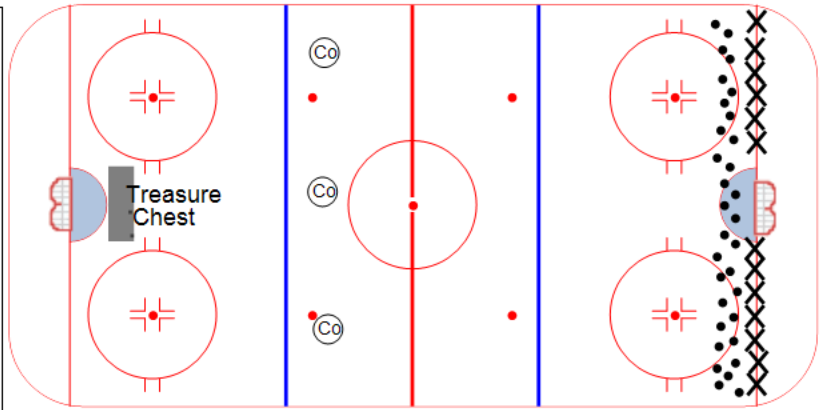
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Steal The Treasure Category #1 : Category #2 :

Description

Box, Crate or Bucket (treasure chest) placed at one end. All pucks (treasure) at players end. Players must pick up a puck and skate to other end and place puck in crate (steal the pirate's treasure). Coaches (pirates) try to tag players. If tagged, players must drop puck and go get another. Players must leave gloves on for safety.



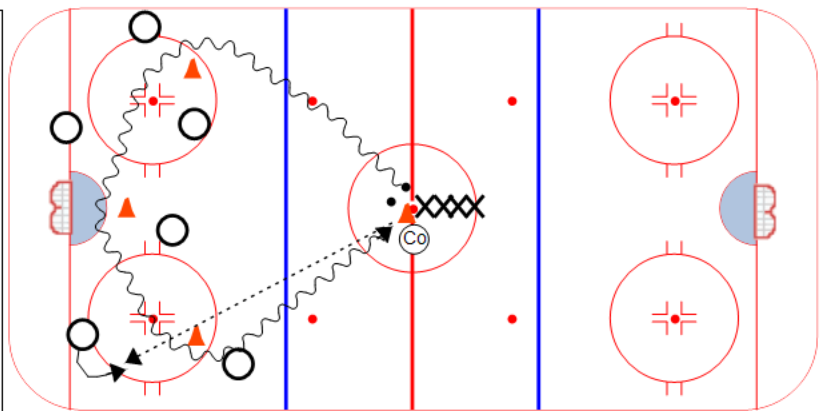
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Baseball Category #1 : Category #2 :

Description

Can be played in three areas.
 Divide players into two teams.
 Batter has two pucks at home plate. One is shot into the field and the other is stick handled around the four markers and back home.
 Fielders must retrieve puck and skate with it to first, second or third base and then pass to instructor who is the catcher. If puck arrives before the batter, he is out.
 Every player gets up once and then the teams change positions.



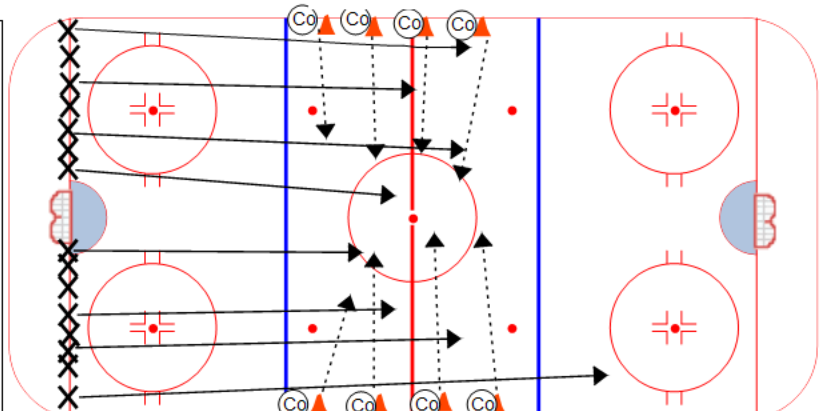
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Impact Pylons Category #1 : Category #2 :

Description

Players start at one end zone of the ice. Coaches on boards in centre ice zone (both sides). On signal, players skate from one end zone to the other, coaches shoot small pylons at players. Any player hit is eliminated and helps the coaches. Continue until there is a winner.



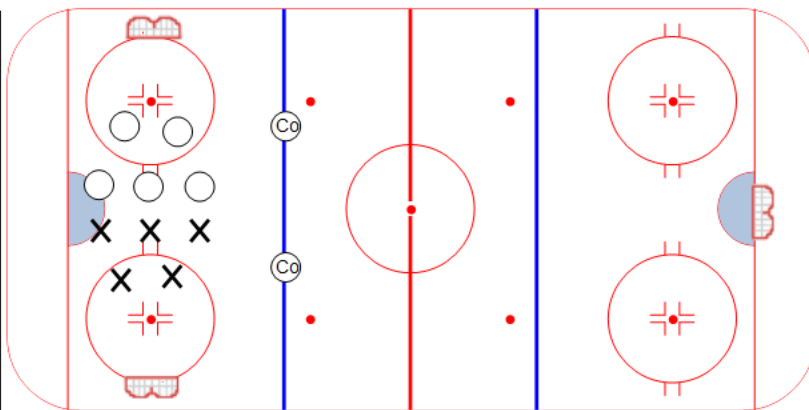
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Soccer Category #1 : Category #2 :

Description

Play soccer in a cross ice format.
 No sticks.
 Need a soccer ball.



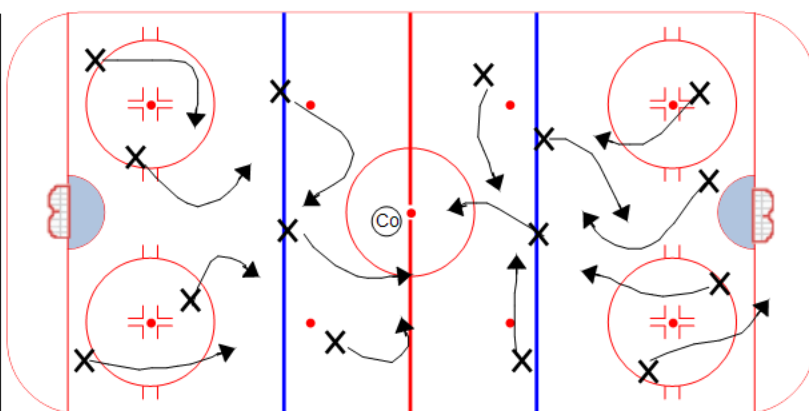
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Battleship Category #1 : Category #2 :

Description

Rink is the battleship, coach is the captain & players are the crew. Crew spreads out around the ship and responds to captain's commands.
 Introduce 4 commands and play 5 minutes: "Torpedoes" - crew slides on their stomach, hands out, heads up;
 "Submarine" - crew slides on back with leg in the air (periscope);
 "Enemy Aircraft" - crew slides on knees and shoots down planes with sticks;
 "Storm" - crew skates and touches down on one knee each stride (alternate knees);
 Introduce 5 more commands and play another 5 minutes:
 "Stern" - skate backwards to one end;
 "Bow" - skate forwards to other end;
 "Port & Starboard" - lateral crossovers to side;
 "Swab the Deck" - sweep snow with sticks;
 "Man Overboard" - crew dives into water and swims on stomachs.



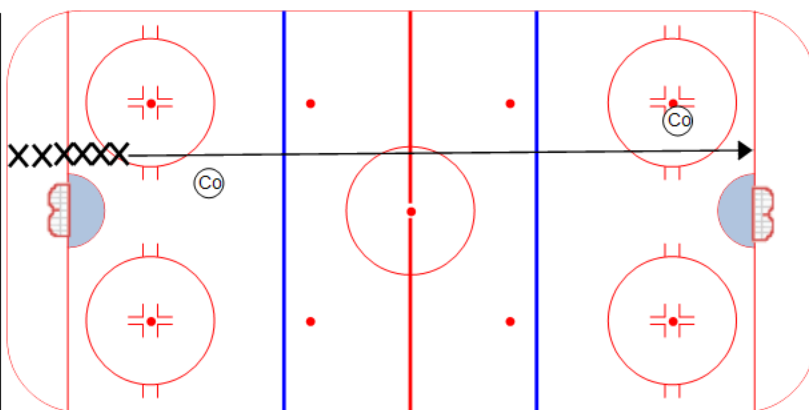
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Train Relay Category #1 : Category #2 :

Description

Each player is a car in a train, coupled to car in front by holding player in front by waist. On signal, the whole team pushes to the far goal line skating forwards. Team cannot lose hold of player in front, nor crash into boards. Repeat as time permits. Change engine and caboose. Requires team work and co-operation.



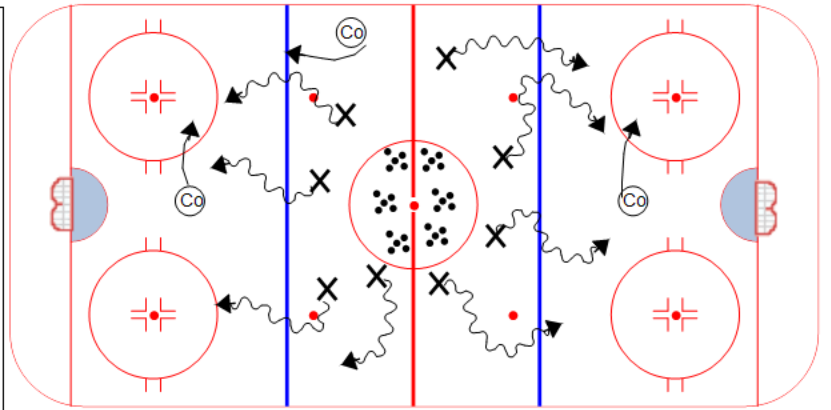
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : A Bug's Life Category #1 : Category #2 :

Description

Place pucks (food) at centre ice and nets at each end. Players (ants) control puck and try to put in nets (ant hills) while coaches (grasshoppers) try to take pucks away. Player can try to take puck back from coach or go get another puck. Ants try to get all the food into the ant hill before winter (the whistle).



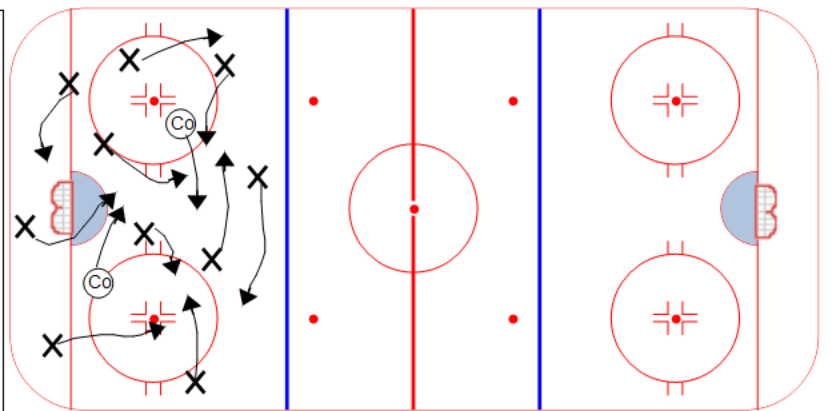
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Toilet Bowl Tag Category #1 : Category #2 :

Description

Players play without sticks. Players skate around end zone with hands on their knees. Coaches are "it" and must tag players. Tagged players must stand still with arms straight out (flusher). To be freed, another player must skate under the flusher, stop and push arm down (flush the toilet).



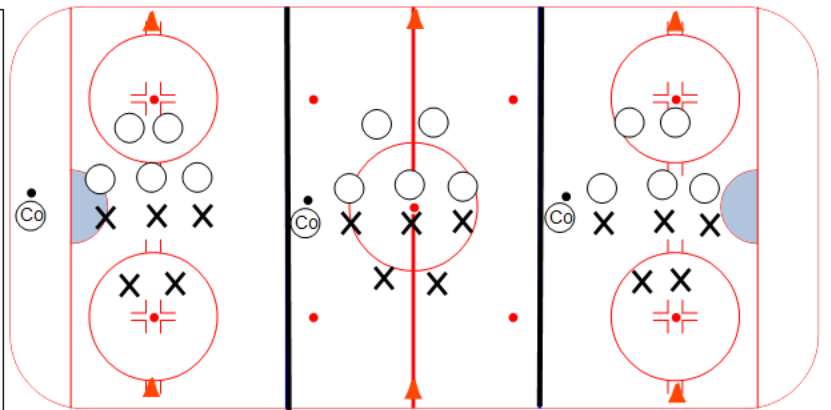
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Across Ice Scrimmage Category #1 : Category #2 :

Description

No nets - use 1 pylon - must hit pylon to score - no goalies. Continuous play - if a goal is scored players give puck to coach who shoots it into an open area and play continues. If stronger players monopolize puck, add another puck or two.



Key points :