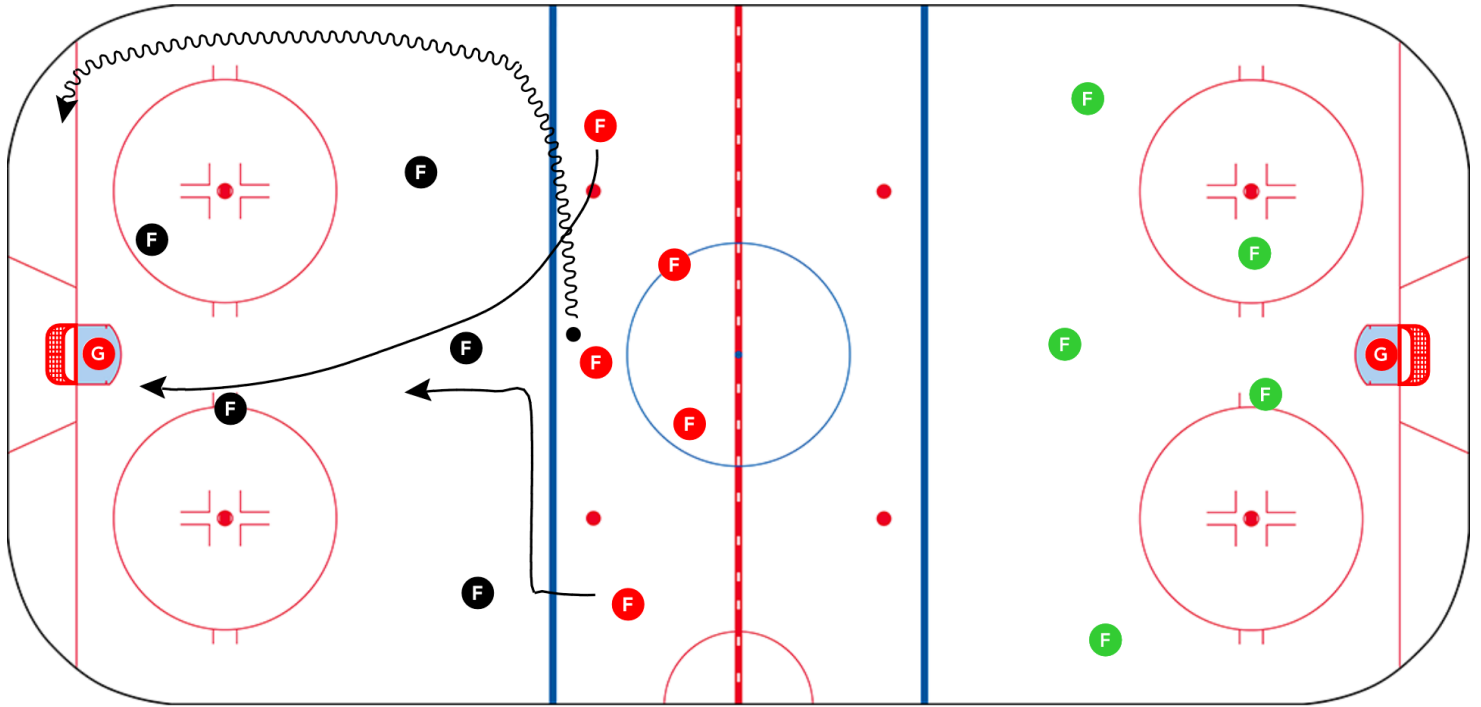




5 v 5 v 5 (Warm-Up)



Description

This is one of my favorite warm-up games. Divide team into 3 equal units, one unit in each zone. Play starts with Team Red at center ice attacking the zone against the Team in one of the end zones (in this case, Team Black). Teams play 5 v 5. Once Team Black gains control and execute a clean breakout, Team Black will carry the puck to the other end and play 5 v 5 against Team Green. Team Red stays in the zone they were previously attacking. Once Team Green gains control they will breakout and attack Team Red at the far end. In starting the game, I don't allow any pressure at center ice on the attacking team, preferring that the attacking team gain a bit of confidence in breaking out, neutral ice play, and offensive blue-line technique. Once players gain proficiency, I will usually allow controlled pressure to jump start the Read/React sequence. Keeping score will provide a lot of intensity. Teams don't want to lose the puck, either attacking in the zone, or giving it up upon crossing the offensive blue-line. This built-in intensity, reward/punishment, win/lose scenario, provides a great opportunity for teaching, and an increased willingness to accept help and coaching tips.

Key Points

Warm-up, breakout, defensive zone coverage, offensive blue-line technique, neutral ice technique, close support, holding the offensive blue-line once the zone is gained